

Journal of Agriculture **COOKERY BOOK**

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JOURNAL OF AGRICULTURE
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JOURNAL OF AGRICULTURE COOKERY BOOK

Containing 624 Recipes
and additional information relating to
food planning and preparation
selected from
The New Zealand Journal of Agriculture



WELLINGTON
A. H. & A. W. REED

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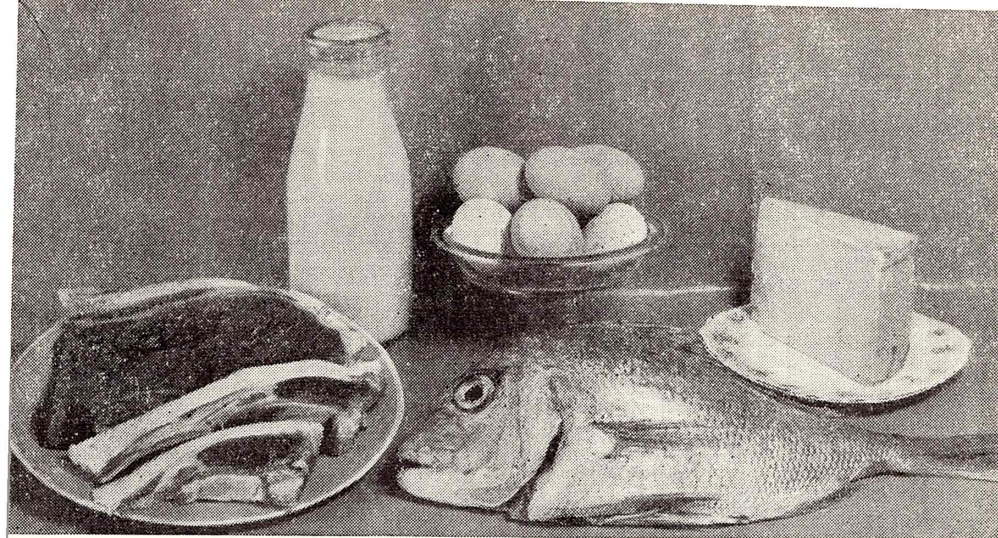
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1—Food Planning for Health

THE basic principles of diet are not hard to understand and are very quickly learnt. In fact, their use in the selection of food and the preparation of meals can become just as much a habit as the rules of cleanliness and personal hygiene learnt in childhood.

Diet and Menu Planning

It is unfortunate that a planned diet is commonly misunderstood to mean a rather fixed set of rules for eating or the somewhat irksome and unpleasant lot of invalids and those overweight.

Good nutrition, which can easily be reached by any good selection of natural foods, and menus based on such diets may become monotonous and impracticable and so lose much of their value, especially if the quantities and proportions of foods suggested do not conform approximately with the habits of the group concerned.

If the housewife is to use the present knowledge of nutrition to the best advantage for the health of her family, she must have some conception of the reasons for the good health recommendations, the main classes into which foods are divided from the nutritive point of view, and of those foods which, because they have little intrinsic value, should be eaten sparingly. She can then readily adapt the type of menu to which her family is accustomed to conform with the recommendations and modify if she desires popular nutrition slogans without fear of producing deficient diet.

Food Constituents

Carbohydrates (starches and sugars) and fats are the chief source of calories in the diet. Most natural foods contain a mixture of these substances, their calorie or energy value depending largely on the percentage of water also present (water does not provide calories), and on the proportion of fat to carbohydrate, as fat provides just over twice as many calories from the same weight of dried substance. Excess amounts of both are stored in the body mainly as fat.

TABLE I

What the Day's Food Should Provide and Why

DIETARY ESSENTIALS		WHAT DIETARY ESSENTIALS DO FOR THE BODY
PROTEINS		Build and repair muscles, glands, blood, and other tissues. Furnish material for substances that regulate body processes. Furnish energy for bodily activities.
MINERAL ELEMENTS:		
Calcium and phosphorus		Build and maintain teeth and bones. Constitute part of muscle and nerve tissue and of body fluids.
Iron		Constitutes part of red blood cells which carry oxygen to all parts of body.
Iodine		Constitutes part of thyroid gland, which regulates rate at which energy is used by body.
(Copper, magnesium, manganese, potassium, sodium, and other mineral elements are also essential; they are probably present in adequate amounts in diets that supply plenty of calcium, phosphorus, iron, and iodine.)		
VITAMINS:		
Vitamin A		Is essential to tissues that cover and line body and help it to resist infection. Takes part in adaptation of eye to dim light.
Thiamin (vitamin B)		Each takes a specific part in process by which foods are burned in body.
Riboflavin (vitamin B2)		
Nicotinic acid		Is essential to health of teeth, bones, blood vessels, and other tissues.
Ascorbic acid (vitamin C)		
Vitamin D		Helps body to use calcium and phosphorus in food.
CARBOHYDRATES:		
Starch		} Furnish energy for work.
Sugar		
FATS:		
Fats and oils		Furnish energy for work. Give staying power. Provide fatty acids essential to health.

Proteins (gelatine and casein are examples of pure proteins) are the main solid constituents of the muscles and tissues and are necessary for their growth and repair. The amounts eaten in excess of their requirement for these purposes are well used by the body to supply more heat and energy or may even be changed into fat and stored.

Protein-rich foods such as meat, eggs, cheese, fish, and milk also have value as appetite stimulants beside being good sources of many of the minerals and vitamins essential for health, factors which compensate for their higher cost.

Accessory food factors: The important and much-discussed minerals and vitamins as well as the extractives belong to this group. Extractives, which give to food its characteristic flavour and colour, may not be essential for life, but they play an important part in the digestion of foods by stimulating the flow of the digestive juices. They also have an important effect on menu arrangement and food selection.

Just how important this effect can be is obvious when it is realised how much of the pleasure of eating would be lost if all meats had the same flavour, if the only reasons for eating vegetables and fruits were their vitamin content, and if the use of flavourings and spices in even the simplest way were impossible.

Vitamins and minerals are the chemical tools required for the conversion of fats and carbohydrates into heat and energy; they are necessary for the normal growth of the body, for keeping the tissues healthy and in good repair, and for promoting the feeling of well-being and cheerfulness associated with good health.

In fact, many foods of low calorie value included in the diet are among the most important constituents because of their high vitamin and mineral content. Some of them, however, especially those richest in minerals and vitamins, tend to receive undue prominence, for though they are all valuable foods to include in any diet, no single one can be regarded as essential.

Foods such as liver, oranges, and black currants are often difficult or expensive to buy, and the nutritional qualities of others—potatoes and carrots, for example—are often stressed mainly as an additional persuasion toward their consumption in greater quantities when the market is oversupplied.

Knowledge of which vitamin and mineral foods may be conveniently substituted for one another may simplify menu planning considerably, especially as it has never been shown conclusively that excessive consumption of minerals and vitamins is beneficial to health. With the important exception of the fish-liver oils containing vitamin D and vitamin D concentrates, there is no need in any well-balanced menu for vitamin or mineral pill concentrates and proprietary health foods.

Vitamin D is unique among the nutrients required by the body, as it is normally produced by the action of the sun's rays on a substance just under the skin and is transported in the blood to where it is required. Most adults, who need only small amounts of vitamin D, obtain practically their whole requirement from sunlight, for only minute amounts are present in the food generally eaten. Babies and children, however, who require greater amounts for normal teeth and bone development, may not obtain sufficient in this way, especially during winter, so an additional supply is advisable, and as the fish-liver oils and vitamin D concentrates are the most convenient source of supply, they are advocated.

The well-planned menu, therefore, contains adequate calories supplied by foods which also provide all the nutrients required for the optimum health of the body. A very simple menu can provide all these nutrients, but without some basic knowledge of their distribution in food a diet deficient in some of them may easily be chosen.

It is important to remember that mineral salts, like some vitamins, are soluble in water, and faulty methods of preparation and cooking will result in heavy losses of these valuable constituents.

TABLE II

**A Well-balanced Diet—from the Department of Health's
Bulletin "The Family's Food"**

- MILK:** 1 pint or more for adults. $1\frac{1}{4}$ or preferably $1\frac{1}{2}$ pints for the child of 1 to 2 years.
 $1\frac{3}{4}$ pints for older children and young people, and for expectant and nursing mothers.
- MEAT:** From 1oz. for the child of 1 to 2 years; up to 4oz. for the adult. Liver or kidneys once a week, if possible; fish once a week, if possible.
- EGGS:** 1 a day when available. (Peas, beans, lentils, and peanuts, or more milk, cheese, meat, and fish will help to make up for eggs when they are unobtainable.)
- CHEESE:** Use frequently, grated for young children, in slices or in cooked dishes for older children and adults.
- POTATOES:** Once or twice a day.
- GREEN VEGETABLES:** Liberal amounts for older children and adults.
- FRUITS:** Especially tomatoes, tree tomatoes, oranges, and grapefruit. Apples, bananas, and other fruits also.
- BUTTER:** 1oz. a day for adults. Other fats as needed, the amount depending on climate and occupation.
- BREAD AND CEREALS:** Enough to satisfy the appetite. After children are two years of age wholemeal bread is preferable. .
- COD-LIVER OIL:** A teaspoon a day for children and adolescents; 2 teaspoons for expectant and nursing mothers, and for infants under 1 year. Adults will also benefit by taking a teaspoon of cod-liver oil in winter and spring. Other fish-liver oil or suitable preparation may be taken instead if it contains sufficient vitamin D.

PLANNING MEALS

Meal-planning is the secret of success in looking after the family's nutritional welfare. Everyone has a vital interest, direct or indirect, in the planning of meals. Enjoying appetising and satisfying meals is one of the comforts and pleasures of life, and it is a pleasure associated with much enjoyable social intercourse, which is in fact stimulated by it. To children the difference between good and bad meals will make the difference between a well-developed body with abundant vitality and high resistance to disease, and a stunted, poorly-developed body with little strength, and great susceptibility to disease.

The problem is to provide the foods listed in the tables above in the form of three meals daily. The day's meals should be planned as a whole, each supplementing the others and planned ahead. In addition it is wise to have a week's meals planned so as to introduce variety from day to day, to utilise left-over foods, and to cut down the labour of preparation.

General Rules

Do's for Menu Planners

1. Have breakfast relatively simple and standardised, then plan dinner, and last plan luncheon or supper so as to supplement the other two meals.
2. Use some food from each of the food groups daily. The main protein food is usually in the dinner.
3. Use some raw food at least once a day.
4. Plan to have in every meal at least one food that has staying quality or high satiety value, at least one food that requires chewing, one which contains roughage, and generally some hot food or drink.
5. Combine or alternate bland foods with those of a more pronounced flavour.
6. Combine or alternate soft foods with those crisp in texture.
7. Have variety in colour, form, and arrangement of foods.
8. Alternate simpler and less nutritious dishes with those which are richer, more nutritious, and harder to digest.
9. Simple meals with fewer dishes and larger servings are as good if not better than more elaborate meals. Secure variety from day to day.

Dont's for Menu-planners

1. Do not have a preponderance of one foodstuff in a meal.
2. Do not have many foods that are rich or hard to digest in one meal.
3. Do not use the same food twice in one day without varying the form in which it is served—except of course staples like bread, butter, and milk.
4. Do not use the same food twice in the same meal even in different forms.
5. Do not use the same foods too constantly even from day to day.
6. Avoid monotony of colour, texture, and flavouring.

Simple Menu Providing all the Nutrients for Health as Recommended by the National Research Council of America

BREAKFAST

Porridge, milk, and golden syrup
 Mince, parsley wheels, and tomatoes
 Toast, butter, honey
 Coffee

DINNER

Grilled chops and boiled potatoes, carrots, peas
 Preserved or stewed fruit and junket
 Fresh fruit

LUNCH OR TEA

Lettuce, cheese, celery, and potato salad
 Wholemeal bread, butter, jam, cheese, scones
 Tea

TABLE III
Some Common Foods and Their Most Important Contributions to the Body's Needs

MILK AND CHEESE.

Fresh whole milk (for its equivalent in unsweetened condensed or dried whole milk)	The main source of calcium and vitamin B ₂ . Also supplies protein, phosphorus, vitamin A, and vitamin B ₁ .
Fresh skim-milk and buttermilk (for its equivalent in dried skim-milk or dried buttermilk)	Makes same contributions as whole milk, except vitamin A.
Cream	Contributes more vitamin A than whole milk and less of the other vitamins and minerals.
Cheese made from whole milk	A generous serving supplies the equivalent of one cup of whole milk in protein, calcium, phosphorus, and vitamin A.
Cottage cheese	A good source of protein and phosphorus, but low in the other minerals and in vitamins.

FRUITS.

Fruits in general	All help in meeting the body's needs for iron, vitamin B ₁ , and vitamin B ₂ . Some fruits make special contributions.
Oranges, grapefruit, strawberries	These are the best sources of vitamin C. One average serving will supply a day's need.
Apples, bananas, peaches, pears, and most of the common fresh fruits, raw	Eaten raw in generous quantities, they provide significant amounts of vitamin C, although much less of it than the fruits listed above.
Peaches, apricots, prunes, and other yellow-fleshed fruits	Supply important amounts of vitamin A.
Dried apricots, dates, figs, prunes, and raisins	Better than average sources of iron.

VEGETABLES.

Vegetables in general	Important sources of various minerals and vitamins, some more than others.
Silver beet, spinach, turnip greens, watercress, and other thin, dark-green leaves	Eaten raw or properly cooked, they are an important source of iron, vitamin A, vitamin B ₁ , and vitamin B ₂ . Generous servings of such greens, raw, supply liberal amounts of vitamin C. Many of these greens help to fulfil the body's needs for calcium.
Broccoli, peas, string beans, kumaras, carrots, and other green or yellow vegetables	Valuable chiefly for vitamin A. Kumaras are economical energy foods.

Cabbage, raw or cooked conservatively	A good source of vitamin C.
Tomatoes, raw, cooked, or commercially canned	An excellent source of vitamin C and a good source of vitamin A.
Potatoes	Baked or boiled in their skins, potatoes, and especially new potatoes, are a good source of vitamin C and provide appreciable amounts of iron and vitamin B ₁ . They are also economical energy foods.
Mature beans, peas, and other legumes, such as peanuts and lentils	Good sources of protein, iron, vitamin B ₁ , and vitamin B ₂ . They help to meet the body's needs for calcium and phosphorus, and are economical energy foods.
EGGS, LEAN MEAT, AND FISH.		
Eggs; lean muscle meat, including poultry; liver, kidneys, and other organs; fish; shellfish, such as oysters	Most important for protein, iron, vitamin B ₁ , vitamin B ₂ , and nicotinic acid. These foods also supply phosphorus. Eggs and liver supply vitamin A. Salt-water fish and shellfish supply iodine.
GRAIN PRODUCTS.		
Grain products in general	Economical energy foods that furnish significant amounts of protein.
Dark, wholemeal or enriched bread, flour, and breakfast cereals	Important sources of iron, vitamin B ₁ , and vitamin B ₂ .
Macaroni, spaghetti, rice	Refined grain products which cannot take the place of potatoes or other vegetables.
NUTS.		
Nuts in general*	Concentrated sources of energy and protein and fairly good sources of phosphorus and vitamin B ₁ .
SUGAR AND SYRUPS.		
Refined sugar, corn syrup, honey, molasses or treacle, sorghum syrup	Concentrated energy foods. Dark molasses and treacle also contribute calcium and iron.
FATS AND OILS.		
Dripping, butter, margarine, lard and hardened vegetable fats, olive oil, bacon, salt pork, cod-liver oil	Concentrated energy foods. Butter, cod-liver oil, and margarine to which vitamin A has been added are important sources of vitamin A. Cod-liver oil is also very rich in vitamin D.

* This does not include the peanut, which is a legume, and is therefore listed with the vegetables.

NOTE: Morning and afternoon teas and supper may be included if desired. A milk drink and sandwiches are preferable to tea and cakes, though tea and cakes may be served occasionally

Menu Based on the Average New Zealand Food Consumption Figures.
from the New Zealand Official Year Book, 1945

BREAKFAST

Prepared cereal and milk
Sausages and fried bread
Toast, marmalade, butter
Tea

DINNER

Corned beef, potatoes, cauliflower, and onion sauce
Apple pie
Tea

LUNCH OR TEA

Soup
White bread, butter, jam
Scones
Cake
Tea

This diet contains less vitamin C and vitamin A than the National Research Council recommends, and barely sufficient vitamin B or thiamine. If it had more fruit and vegetables and more wholemeal bread or porridge instead of white bread, and, most important, at least a pint of milk each day, this diet would be greatly improved and would readily satisfy the council's recommendations.



2—Soups from Many Countries

SOUP is a favourite dish for winter meals, and it takes first place on the menu not merely from custom, but because it stimulates the digestive organs, warms the stomach, and prepares it for more solid food.

Tasty and economical soups are easily made if stock is kept ready for use.

Many of the odds and ends of food usually wasted will make excellent stock; trimmings from chops, joints, fish, bacon and poultry, giblets, scraps of cooked meat, bones, and gravy will form a basis for meat stock. Milk, skim-milk, vegetable water, or a mixture of water and milk supply the liquid for cream and vegetable soups made without stock, and which actually are more nutritious than the meat soups.

Vegetable soup, well made, ensures better retention of the vitamins of the fresh vegetables than any other method of cooking them.

Choose a thin soup to precede a substantial dish and a thick soup when light dishes are to follow. Cream vegetable soups are almost a meal in themselves, especially when served with fried sippets. Try not to have the soup of the same flavour as other dishes at a meal; for instance, fish soup should not be served before a fish meal, and cream of tomato soup should not be followed by tomatoes served with the meat.

General Rules for Making Soup Stock

Whether you are making brown or white stock, there are general rules to follow which are common to both. First of all select a suitable saucepan for the stock-pot; enamel-lined or aluminium saucepans are better than tin or unlined iron, but whichever kind is used the lid *must* fit tightly.

Break bones with a chopper to allow the juices and marrow to escape freely

Cut any meat into small pieces of $1\frac{1}{2}$ to 2in. so that a greater area is exposed, to aid in extracting the juices.

Long, slow cooking in plenty of water is necessary to soften the tissues and dissolve the protein in meat and bones. Quick boiling will toughen the meat and prevent the free flow of juices.

Cover meat and bones with cold or tepid water and let them stand until the water shows by its colour that some of the juices have been drawn out. The most-used muscles of the animals contain most juice, and for this reason shins, shanks, knuckles, and necks make good soup. Brown stock is made from beef and mutton, white stock from bones and meat of veal or chicken, giblets, and occasionally from rabbit.

To make a supply of stock collect bones and meat scraps, use up all trimmings from joints, chops, cutlets, bacon rinds, gravy, and left-over pieces of roast meat, etc.

Allow 1 quart of water for each 1lb. of bones and meat and 1 quart extra.

To give a richer colour and flavour to the stock, part of the meat may be browned in fat, but only a small portion should be done, as frying seals the tissues and makes extraction of the juices less easy.

Put the meat scraps and bones into cold water and let stand about half-an-hour.

Simmer gently for five to six hours without boiling. Allow 2 cloves, 2 to 4 peppercorns, and salt to taste to each quart of water, and for vegetable flavour one carrot, one onion, and a piece of turnip. Remember that turnip and onion are strongly flavoured, so use a small quantity only. *Prepare the vegetables, cut small, and add for the last hour of cooking.*

Allow to cool a little and strain through a colander to remove meat, bones, and vegetables. Pour into a large basin and set aside to cool, as stock should never be left in the pot overnight. The fat will rise to the top and set in a cake, which can be easily removed and saved to clarify for use instead of dripping. The stock contains all soluble parts from meat and bone which have been extracted during the cooking and will thicken when cold owing to the gelatine which has been extracted from the bones and gristle. The thickness will depend on the amount and kind of bone used; stock made from beef shins or other part containing much gelatine sets into a jelly. If the stock is cooked at too high a temperature, that is, if it is boiled rapidly instead of simmering, it will not thicken much in cooling, as too high a temperature breaks down the thickening properties of gelatine. When a quantity of stock is made at once it may be found more convenient to cool it in two or three bowls or jars, putting sufficient in each for a day's supply of soup. Cool quickly and keep in a cold place covered with a layer of fat to exclude air. In cold weather the stock will keep fresh for one or two days, but it must be boiled up again on the third day if not required, to prevent it turning sour. If the stock is required for immediate use, allow to stand a while after straining to let the fat rise to the top. Remove as much as possible with a spoon and then

draw tissue paper over the surface to take off what cannot be collected in the spoon.

White stock is made in the same way, with veal or poultry instead of red meats and without any of the meat being browned.

To Clear Soup Stock

Clear soup is not often required for family meals, but it is useful to know how to treat the stock if you want a clear soup for any special occasion. Lift off all the caked fat carefully and remove what is left by wiping the jellied stock with a clean kitchen cloth wrung out of hot water. Turn the stock into a saucepan; for every quart of stock add the shell and white of one egg, breaking the shell into small pieces and lightly beating the white. Stir constantly over low heat until the stock comes to *simmer only* for twenty minutes. Skim and strain through a clean cloth, heating again before serving.

Soups Without Meat Stock

Soups made without meat stock are made with milk, skim-milk, vegetable water, or a mixture of milk and water, and have pulped vegetables added. Bacon rinds can be used to give extra flavour, and herbs, celery salt, onion juice, and parsley used for seasoning. Thin white sauce is used to bind the liquid and vegetable pulp together, and prevent the thick pulp sinking. Left-over vegetables and those too old and tough to serve with meats are useful for soup. The outer leaves of cabbage, tough sticks and leaves of celery, "woody" carrots and turnips are just as good for flavouring as the more tender parts, and the greener outside leaves of cabbage, celery, cauliflower, and leeks have a higher vitamin content than the hearts.

Cook the vegetables in water until very soft and press through a strainer or colander. Add the pulp to the water in which vegetables were cooked. Add white sauce, previously made, let the whole heat through, and serve with toasted or fried sippets. Make the white sauce in the proportion of 1 tablespoon of flour to 1 cup of milk, adding butter if required. The soup should have about one-third vegetable pulp to two-thirds white sauce.

Fish soup is made in the same way, with fish instead of vegetable. Put the fish into a saucepan and cover with water. Add a peeled onion stuck with four or five cloves, some sprigs of parsley, and a piece of carrot. Simmer gently for $1\frac{1}{2}$ hours. Make white sauce in another saucepan and add the strained fish stock.

Standard Recipe for Brown Stock

2lb. meat and bones
1 carrot
Thick slice of turnip
1 onion
 $\frac{1}{2}$ teaspoon salt

3 qts. water
9 peppercorns
3 cloves
3 sprigs parsley
Stalk of celery

Put meat and bones in water, stand for half an hour. Bring slowly to boiling point. Simmer for 4 or 5 hours closely covered. Add prepared vegetables and cook again for 1 hour until vegetables are tender and bones clear. Strain into basin and set to cool in cold, dry place.

Recipes for Soup from Brown Stock

Using the stock as foundation many soups can be made. Here are some variations:—

Kidney Soup

Add 1lb. kidney, 1 onion, fat to fry, 1 tablespoon cornflour or flour to 3 quarts of brown stock. Remove fat from ox kidney (or similar weight of sheep's kidneys) cut into small squares, dredge with flour. Peel and cut onion and fry with floured kidney in saucepan in a little smoking-hot fat until nicely browned. Add stock, cover and simmer for two to three hours. Mix the cornflour or flour with cold water and add to soup, bring to boiling point before serving.

Brown Vegetable Soup

Add diced vegetables of any kind available to stock. Add 1oz. of rice, barley, or macaroni to each quart of stock. Simmer until vegetables and cereal are very tender.

Onion Soup

Add 1½lb. onions to each quart of stock. Put onions, sliced and cut small, into pan with sufficient dripping to prevent sticking, and fry *with lid on* until onions are quite tender. Add stock, extra salt and pepper, if required, and heat. Half stock and half milk, or skim-milk, make a variation.

Pea, Bean, or Lentil Soup

To each quart of stock add 1 cup peas, lentils, or beans, 1 onion, peeled and diced, 1 small swede, diced, 1 carrot, grated, fresh mint for peas and lentils, or parsley for beans. Any bacon rinds or scraps.

Cook until tender, remove bacon bones or rinds, and serve. If beans are used they should be soaked overnight to reduce the cooking time for soup.

Tomato Soup from Bottled Tomatoes

Use 1 pint jar of tomatoes to 1 quart stock and add 1 onion, 1 stick celery, bacon scraps, parsley, and thyme. Cook until fresh vegetables are tender, rub through a sieve or colander, return to saucepan, and thicken soup with 1 tablespoon cornflour or flour mixed to smooth paste with cold water.

Pot-au-Feu (Northern France)

3 pints of good beef stock	½ carrot
¼ turnip	¼ cabbage
½ teaspoon of chopped parsley	1oz. of fat
Salt	½ bread roll
Nutmeg	Pepper

Partly cook the cabbage, carrot, and turnip and drain them. Shred the cabbage and dice the carrot and turnip. Melt the fat in a saucepan and add the vegetables, salt, pepper, and nutmeg to taste. Cover the mixture and cook it for 10 minutes. Add the stock and simmer the soup for ½ hour. Slice the bread roll thinly and brown it in the oven. Add the parsley and bread to the soup and serve it very hot.

SOUPS FROM MANY COUNTRIES

Bouillabaisse (Southern France)

1 small crayfish	Gurnet
Cod	Eel
Crab	Thyme
2 large onions	Parsley
3 cloves of garlic	Strip of orange peel
2 tomatoes	$\frac{1}{2}$ breakfast cup of olive oil
Pinch of saffron	Pepper
Salt	

There should be 2lb. of fish flesh altogether. Keep the coarse fish separate from the fine fish. Any fish may be used in bouillabaisse, and the practice in France is to include any fish caught in the nets which is too small for sale. Put the chopped onions, chopped parsley, sliced tomatoes, garlic, thyme, saffron, orange peel, and olive oil into a saucepan. Add the coarse fish, cover them all with boiling water, and boil the mixture hard for 5 minutes. Add the finer fish and boil it hard for another 5 minutes. Put slices of bread into soup plates and pour on the strained liquor. Place the fish mixture on the bread.

Mushroom Soup (Poland)

2 quarts of stock	Salt
2oz. of flour	1 to 2lb. of fresh mushrooms or 1 tin
2oz. of butter or fat	of mushrooms
6 tablespoons of sour cream	Pepper

Add the stock to the peeled mushrooms and boil them until they are tender. Remove the mushrooms, chop them into pieces, and return them to the stock. Melt the fat, stir in the flour, mix it to a paste with a little hot stock, and add it to the soup. Add salt and pepper to taste. Just before serving the soup add the sour cream, which gives this soup its characteristic flavour.

In Poland dried mushrooms are used; $\frac{1}{4}$ lb. is sufficient for the quantities given. They should be soaked before use for $\frac{1}{2}$ hour in boiling water

Bortch (Russia)

2 medium-sized beetroot	3 celery stalks
1 quart of meat stock	2 onions or leeks
1 tablespoon of fat	1 dessertspoon of flour
$\frac{1}{2}$ pint of milk	

Peel and slice the beetroot, shred the celery stalks, slice the leeks, and cook the vegetables for a few minutes in the fat without browning them. Add the stock and simmer the vegetables until they are tender ($\frac{3}{4}$ to 1 hour). Sieve the mixture and return it to the saucepan. Add the flour mixed with the milk, bring the soup back to boiling point, and season it to taste.

A lightly beaten egg may be folded into the bortch just before serving it, and the addition of a tablespoon of sour cream at the same time improves the flavour.

Artichoke Soup (Palestine)

2lb. of Jerusalem artichokes	1 quart of stock
1 onion	$\frac{1}{2}$ pint of milk
2 sticks of celery	

Peel and slice the artichokes, onion, and celery and cook them in a little fat for a few minutes; do not brown them. Pour on the stock and simmer the vegetables until they are tender (about 1 hour). Sieve the mixture and return it to the saucepan. Add the milk, season the soup to taste, stir it until it is boiling, and serve it with fingers of toast.

Cod Soup (Norway)

5lb. of cod or smoked fish	1 tablespoon of flour
1 wine glass of marsala or sherry	1 tablespoon of butter
5 teaspoons of salt	

Simmer the fish in 5 pints of water for 3 hours. Melt the butter, mix in the flour, cook them to a light golden yellow, and add this to the fish soup. Just before serving the soup add the wine.

Giblet Soup (Denmark)

2 sets of poultry giblets	2 quarts of stock
$\frac{1}{2}$ carrot	1 onion
1 stick of celery	Parsley as desired
1oz. of fat	Thyme as desired
$\frac{1}{2}$ tablespoon of flour	1 tablespoon of cooked macaroni
Salt	$\frac{1}{2}$ sherry glass of sherry
Pepper	

Skin the gizzards, scald and skin the feet, wash the neck and liver, dry them, and cut them into small pieces. Melt the fat and fry the giblets and sliced vegetables until they are brown. Add the herbs, stock, and salt and pepper to taste. Cook the mixture gently for 2 hours, strain it, and return the liquid to the saucepan. When it is boiling add the flour, mixed with the sherry, and cut-up macaroni. Return the gizzard, liver, and heart to the soup. Serve it with croutons.

Cabbage Soup with Meat Balls (Sweden)

1 cabbage	3 tablespoons of butter
1 tablespoon of golden syrup	3 quarts of stock

Chop the cabbage and brown it in the butter. Add the syrup and cook the mixture until the syrup turns brown. Add the stock and simmer the soup for 3 hours.

Meat Balls

$\frac{1}{2}$ lb. of mince	$\frac{1}{2}$ cup of milk
1 teaspoon of flour	1 tablespoon of breadcrumbs
$\frac{1}{2}$ teaspoon of pepper	2 teaspoons of salt
2 tablespoons of butter or fat	

Mix all the ingredients smoothly together and shape the mixture into small balls. Boil them in salted water for 10 minutes and add them to the soup just before serving it.

Kidney Soup (Germany)

2 quarts of stock	1 or 2 calf kidneys
2 tablespoons of milk	2 egg yolks
2 tablespoons of flour	Salt
Mixed herbs	Pepper
2 shallots	

Slice the kidneys and cook them in a little fat with the chopped shallots and herbs until they are light brown. Sprinkle on the flour and cook it until it is brown. Add these ingredients to hot stock and simmer them for $\frac{1}{2}$ hour. Add salt and pepper to taste. Mix the egg yolks with the warm milk and stir the mixture into the soup 5 minutes before serving it.

Tomato and Egg Soup (Portugal)

3lb. of tomatoes	1 tablespoon of parsley
2 tablespoons of butter	2 quarts of stock
3 or 4 hard-boiled eggs	Salt
2 onions	Pepper

Quarter the tomatoes, slice the onions, and cook them in a lightly greased saucepan for 15 minutes. Add the boiling stock and parsley and simmer the mixture for $1\frac{1}{2}$ hours. Sieve it, rubbing the tomatoes and onions through. Return the soup to the saucepan, season it to taste, and add the butter just before serving it. Peel and slice the eggs, place them in a tureen, and pour the soup over them.

Hare Soup (England)

1 hare	1 teaspoon of mixed herbs
3 onions	$\frac{1}{2}$ cup of breadcrumbs
1 sliced carrot	1 slice of bacon
2 sticks of celery cut into lengths	Salt
3 quarts of stock	Cayenne pepper

Boil all the ingredients except the breadcrumbs, salt and cayenne pepper for 2 hours and strain them. Cut up the hare and brown the pieces in a little fat in a frying pan. Cut the meat from the bones and chop it finely or mince it. Return the meat to the liquid and reheat it. Add the breadcrumbs and salt and cayenne pepper to taste. Simmer the soup for $\frac{1}{2}$ hour.

Scotch Broth (Scotland)

1lb. of neck of mutton	1 large potato
1 turnip	1 grated carrot
1 leek or onion	1 tablespoon of dried peas
1 tablespoon of barley	$\frac{1}{2}$ teaspoon of chopped parsley

Wipe the meat, cut it into neat joints, put it in a pan with 1 quart of water, and season it to taste. Bring the water slowly to the boil and skim it. Wash the barley and peas, cut the other vegetables into small pieces, and add them to the meat. Simmer the mixture for 2 hours. Remove the meat, shred it, and return it to the liquid. Bring the soup back to simmering point and add the parsley before serving it.

Mulligatawny (Ireland)

1 rabbit	Salt
Gravy bones	6 onions
1 carrot	6 tablespoons of flour
1 turnip	1 tablespoon of curry powder

Boil the rabbit in 2 quarts of water until it is quite tender, then take it out and remove the meat from the bones. Put the gravy bones in the water in which the rabbit was boiled, add the chopped vegetables, simmer the stock for two hours, then strain it. Mix the

flour and curry powder to a smooth paste with $\frac{1}{2}$ pint of water and add it to the stock. Boil the stock for 15 minutes. Add the chopped rabbit meat and bring the soup back to boiling point before serving it.

Cock-a-Leekie (Wales)

1 old hen
1 tablespoon of vinegar
4 large leeks

$\frac{1}{4}$ lb. of prunes
1 tablespoon of chopped parsley
 $\frac{1}{2}$ cup of rice or barley

Soak the hen overnight in water to which the vinegar has been added. Wash it well, cover it with water, bring it to the boil, and simmer it for 2 to 3 hours. Add the rice and leeks and cook them until they are tender. Add the prunes, stewed and stoned. Take out the hen and cut some slices from the breast. Skim the fat off the soup. Return the slices of breast to it, and add the parsley before serving it.

The remainder of the meat on the hen should be removed from the bones and either used with a white sauce as a lunch dish or minced for sandwiches.

Kangaroo Tail (Australia)

(Wallaby tail is suitable for this recipe)

1 kangaroo tail
2 lb. of gravy beef
4 oz. of butter
 $1\frac{1}{2}$ oz. of flour
1 carrot

1 onion
2 or 3 sprigs of parsley
1 bay leaf
Salt and pepper

Prepare and slice the vegetables. Wash the tail and divide it at the joints. Heat the butter in a stew pan, fry the tail in it until it is well browned, then remove it and fry the beef cut into thin slices. Strain off the butter and put it aside. Replace the tail in the pan, add 3 quarts of water and $\frac{1}{2}$ teaspoon of salt, and bring it to the boil. Skim the liquid well and put in the prepared vegetables, parsley, bay leaf, and a good seasoning of pepper. Cover the pan closely and simmer the contents for 4 hours. Strain the liquid and remove every particle of fat from the surface. Reheat the butter used for frying, adding more if necessary, stir in the flour, and cook it for 3 or 4 minutes. Add the stock, bring it to the boil, put in a few pieces of the tail, season it to taste, and bring the soup back to the boil before serving it.

Toheroa Soup (New Zealand)

12 toheroas
2 onions

3 quarts of milk
Cornflour

Remove the toheroas from the shells and wash them well. Mince the toheroas and the onions and mix them lightly together. Bring the milk to the boil, add the toheroa and onion mixture, and let it simmer for 2 hours. Thicken the soup with cornflour—2 tablespoons is enough. Two or 3 tablespoons of cooked green peas may be added just before the soup is served.

Gumbo (Southern U.S.A.)

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| 1 onion, finely chopped | 2 teaspoons of salt |
| 4 tablespoons of fat | $\frac{1}{2}$ green pepper, finely chopped |
| 1 quart of chicken stock | Pepper |
| 1 cup of cooked okra | |

Cook the onion with the fat for 5 minutes, stirring constantly. Add the other ingredients, bring the soup slowly to boiling point, and simmer it for 40 minutes. Add water if necessary to maintain the volume.

Okra looks like a bean but has a rather savoury flavour. It is not usually available commercially in New Zealand, but it can be grown fairly easily in the warmer areas.

Cream of Corn (Middle-western U.S.A.)

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| 2 cups of thin white sauce | 2 tablespoons of chopped onion |
| 1 cup of cooked or canned corn | |

Cook the onion in a little fat until it is tender. Add it and the corn to the white sauce. Reheat the soup almost to boiling point and serve it with toast fingers.

Cream of Tomato (Middle-western U.S.A.)

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| 2 cups of thin white sauce | Parsley |
| 3 tomatoes | $\frac{1}{2}$ teaspoon of salt |
| 1 teaspoon of sugar | 2 cloves |
| 1 onion | |

Chop the onion, slice the tomatoes, place them together in a saucepan, and simmer them until they are tender. Add the cloves, sugar, and salt, and cook the mixture for 5 minutes. Sieve it and add the chopped parsley. Pour the sieved tomato mixture slowly into the white sauce, stirring vigorously, and reheat it.

Clam Chowder (Eastern Seaboard of U.S.A.)

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| 1 to 2 cups of clams | 4 crackers |
| 1 small onion, sliced | $\frac{1}{2}$ tablespoon of chopped green pepper |
| 1 tablespoon of chopped celery | 2 cups of diced potatoes |
| $\frac{1}{2}$ teaspoon of salt | 2 cups of milk |
| Pepper to taste | $\frac{1}{2}$ tablespoon of flour |
| 1 slice of bacon or pickled pork | |

Wash the shellfish, heat them in their own liquor to boiling point, and chop them. Place the bacon or pork in a hot pan and cook it lightly. Add the onion, celery, and green pepper and cook them until they are light brown. Stir in the flour, cook it until it is bubbly, and add 1 cup of boiling water and the salt, pepper, and potatoes. When the potatoes are nearly cooked add the shellfish and liquor. Simmer the mixture until the potatoes are tender. Add the milk and crackers. Reheat the chowder and serve it very hot.

In New Zealand oysters or mussels may be used instead of the clams.

Potato Soup (Hungary)

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| 3 large potatoes | 1 medium-sized onion |
| 1 tablespoon of parsley | 3 tablespoons of sour cream |
| 1 green pepper or 1 tablespoon of paprika | 1 quart of stock |
| | 1 tablespoon of lard |

Melt the lard and add the chopped onion, pepper, and potatoes diced fairly small. Cook the mixture until the onions are light golden, then sprinkle on the parsley. Add the stock and seasoning. Simmer the soup for $\frac{1}{2}$ hour or until the potatoes are cooked and stir in the sour cream just before serving it.

Cabbage Soup (Austria)

1 cabbage	1 tablespoon of flour
2 fried sausages	Fat
Salt	3 pints of stock

Shred the cabbage and brown it in a little fat. Sprinkle it with the flour and cook it until the flour browns, stirring gently. Pour on the stock, add salt to taste, and simmer the soup for 1 hour. Five minutes before serving time slice the fried sausages into the soup.

Eel Soup (Holland)

1 lb. of eels	1 small onion
1 oz. of fat	Pinch of mace
1 tablespoon of flour	Pinch of salt
2 peppercorns	$\frac{1}{2}$ teacup of cream or milk

Wash the eels, cut them into small pieces, and put them in a saucepan with the fat. Let them simmer for a few minutes, then add 3 pints of water, the onion (sliced), mace, salt, and peppercorns. Simmer the eels until they are tender but unbroken. Dish them carefully and keep them hot. Mix the flour to a paste with a little water, stir it into the soup, and boil it. Add the cream or milk and pour the soup over the eels.

Lemon Soup (Greece)

2 quarts of stock	2 tablespoons of rice
2 egg yolks	$1\frac{1}{2}$ tablespoons of lemon juice
Grated rind of a lemon	

Simmer the rice in the stock for 10 minutes. Add the egg yolks mixed with a little stock and the grated lemon rind. Just before serving the soup add the lemon juice. Serve it with slices of rye bread if obtainable.

Hotchpotch (Belgium)

2 lb. of neck of mutton	1 onion
1 carrot	1 teaspoon of chopped parsley
$\frac{1}{2}$ turnip	1 cup of shelled peas
1 small cauliflower	1 lettuce
Salt	Pepper

Cut the meat into neat pieces and put them in a stewpan with 1 teaspoon of salt and 2 quarts of water. Bring the water slowly to the boil and skim it well. Shred the lettuce, cut off the stalk of the cauliflower and break the head into sprigs, and dice the turnip, carrot, and onion. Simmer the meat for 1 hour, then add the onion, carrot, and lettuce. Half an hour later add the turnip, peas, and cauliflower. Simmer the soup for 1 hour, add the parsley, and season the soup to taste. Serve the soup very hot.

Thin white sauce: Melt 2 tablespoons of fat and add 2 tablespoons of flour, stirring over heat until the mixture is smooth but not brown. Add $\frac{1}{2}$ cup of cold milk gradually and stir until the mixture is smooth. Add $1\frac{1}{2}$ cups of heated milk and cook the sauce for 5 minutes, stirring all the time.

Egg Soup

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| $\frac{1}{4}$ cup of minced onion | $\frac{1}{4}$ cup of butter |
| $\frac{1}{3}$ cup of flour | 2 teaspoons of salt |
| $\frac{1}{2}$ teaspoon of pepper | $\frac{1}{4}$ teaspoon of ground allspice |
| 6 hard-boiled eggs cut in thick slices | |

Cook the onion slowly in the butter in a saucepan until it is clear but not browned. Add the flour and seasonings, stirring until the mixture is smooth. Add the milk slowly while stirring and cook the mixture until it is thickened and for a further 3 minutes. Add the eggs and heat them thoroughly. Keep the soup stirred during the whole preparation time or it will burn or become lumpy.

If it is available, 2 tablespoons of a white wine is an excellent addition to this soup.

Lentil Soup

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| 3 cups of No. 1 white sauce* | $3\frac{1}{2}$ oz. of onion |
| 8 oz. of lentils | 5 cups of water or stock |
| 2 oz. of celery | $\frac{1}{2}$ tablespoon of salt |
| $3\frac{1}{2}$ oz. of carrot | $\frac{1}{2}$ teaspoon of pepper |

*See section on sauces.

Wash the lentils and prepare the vegetables. Dice the vegetables, add the stock or water and the lentils, and cook until they are tender. Put the mixture through a fine sieve and make it up to 5 cups with extra water or stock. Reheat the puree and add it to the hot white sauce, stirring all the time. Season the soup if necessary and serve it with croutons and parsley.

Pumpkin Soup

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| 2 cups cooked pumpkin | 1 teaspoon curry powder |
| 1 medium-sized onion | Sprig of thyme |
| 2 rashers bacon | 1 pint stock or water |
| $1\frac{1}{2}$ teaspoons salt | $\frac{1}{2}$ tablespoon chopped parsley |
| Pepper | |

Peel and slice the onion thinly, cut up the bacon into small pieces, and fry together in a saucepan until lightly browned. Add the cooked, mashed pumpkin and the rest of the ingredients except the parsley. Replace the lid and simmer gently for $\frac{3}{4}$ hour. Remove the thyme and add the parsley just before serving. Vary the flavour by omitting the curry powder and adding tomato pulp instead.

Peasant Soup

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| $\frac{1}{2}$ pint water or stock | $\frac{1}{2}$ oz. grated cheese |
| $\frac{1}{4}$ lb. mixed vegetables | Salt and pepper |
| 2 or 3 tablespoons breadcrumbs | 1 tablespoon chopped parsley |

Prepare and dice the vegetables and cook them in stock or water until tender. Add the breadcrumbs and beat or rub through a coarse sieve. Use salt and pepper to taste. Add the cheese and parsley just before serving.

White Curry Soup

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| 2 pints of white stock | 1 egg yolk |
| 1 tablespoon of cornflour | 1 teaspoon of lemon juice |
| 1 tablespoon of curry powder | 1 tablespoon of chopped parsley |
| $\frac{1}{2}$ pint of milk | Seasoning |
| $\frac{1}{4}$ pint of cream | Small pieces of cooked white meat |

Bring the stock to the boil and add the curry and cornflour mixed to a smooth paste with the milk, stir the mixture until it boils, and simmer it for 10 minutes. Take it off the heat, add the egg yolk and cream mixed together, and also seasoning, parsley, and meat. Return it to the fire, stirring until it is almost boiling. Do not allow it to boil. Add the lemon juice just before serving the soup.

Ham-bone Stock

The ham bone can be made into a stock which will form the basis of many delicious soups.

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| A ham bone | 2 or 3 sticks of celery |
| 2 carrots | 6 peppercorns |
| 2 onions | 3 cloves |

Chop the bone into small pieces. Put it in a quart of cold water with the diced vegetables and cook it for 3 hours, or cook it in a pressure cooker for $\frac{1}{2}$ hour.

Green-pea Soup

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| 1 cup of green peas | 1 tablespoon of sugar |
| 1 pint of ham-bone stock | 1 teaspoon of chopped mint |

Cook the peas in 1 pint of water with the sugar until they are tender. Sieve them and add them and the water in which they were cooked to the stock and the mint. Season the soup if necessary and reheat it.

This soup may be made with dried peas soaked overnight if green peas are not in season.

Fish Chowder

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| 1 lb. of white fish | 2 cups of milk |
| 3 cups of cold water | 2 teaspoons of salt |
| 2 slices of salt pork or bacon | 4 water biscuits |
| 1 diced onion | 4 diced potatoes |
| $\frac{1}{4}$ cups of diced carrot | |

Wash the fish and cut into cubes, placing the bones and skin in a pot with cold water. Place the pot on the heat and cook the contents for 20 minutes. Strain the liquor from the bones and skin. Cut the pork into small pieces and fry it with the diced onion. Drain the pork and onions well and add them to the hot liquor. Add the vegetables and the diced fish to the liquor. Cook the soup for 20 minutes. Add the milk and the water biscuits, which have been broken into small pieces, and simmer the chowder for another 5 minutes. Serve hot in a soup plate with chopped parsley.

Oyster Chowder

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| 1 dozen oysters and liquor | 1 cup of milk |
| 1 tablespoon of butter | $\frac{1}{2}$ cup of chopped celery |

Boil the celery in a little water until it is tender. Strain off the water into a saucepan with the milk and oyster liquor. Bring the liquid to the boil, add the butter, and season it to taste. Add the celery, chopped oysters, and, if desired, green peas or slices of raw tomatoes. Serve the chowder with crackers.

Pipi Chowder

12 pipis	$\frac{1}{2}$ lb. of potatoes
1 slice of bacon	Milk
1 onion	Pepper and salt

Scrub the pipis well and put them in a saucepan with a little water. Heat the saucepan for a few minutes until the shells open, when the fish can be removed. The water in which the pipis were heated should be strained carefully to remove any sand and should be kept for the chowder.

Cut the bacon into small dice and cook it in a saucepan until the fat runs. Add the finely chopped onion and cook the mixture slowly with the lid on for about 10 minutes; do not brown the bacon. Dice the potato and add it to the ingredients in the saucepan. Barely cover the ingredients with milk and the strained liquid in which the pipis were cooked. Season the mixture and cover the saucepan. Cook the mixture slowly until the potatoes are soft. Add a little milk or cream and the pipis. Reheat the chowder and serve it. Do not boil it again, because the pipis will become tough.

Standard Recipe for Cream Soups

4 tablespoons flour	Salt
4 tablespoons butter	Pepper
4 cups of milk or milk and water	Parsley
2 cups vegetable pulp and liquid	

Slice vegetables and cook until tender in *just sufficient* salted water. Rub through a sieve. Melt the butter in another saucepan, stir in the flour to blend, add liquid gradually, bring to boiling point. Add the sieved vegetable pulp and liquid and bring to boil.

Variations:

For **Cream of Carrot** use 2 cups of cooked carrot pulp and liquid, 4 cups of sauce, and a little onion juice. Sprinkle with chopped parsley just before serving.

Cream of Celery.—Cut the celery into thin strips and do not pulp. Two cups celery, cook in small quantity of water; use 1 cup celery liquid to 3 cups sauce, and add cooked celery.

Cream soups of artichoke, onion, swede, etc., can be made in the same way. Cream of tomato made with preserved tomato pulp is very good, but always put the tomato into the sauce and not the sauce into the tomato or the milk will curdle and spoil the smooth texture of the soup. If the tomatoes are very acid add $\frac{1}{2}$ teaspoon of baking soda to each cup of pulp to neutralise some of the acid and prevent curdling. As an extra precaution it is as well to combine the pulp and sauce at the last moment before serving.

Cream of green pea soup can be made from preserved green peas; add fresh, finely-chopped mint just before serving.

Cream of Pumpkin Soup

4 cups of No. 1 white sauce*	$\frac{1}{2}$ lb. of onions
$\frac{1}{2}$ tablespoon of salt	2 oz. of celery
$1\frac{1}{2}$ lb. of pumpkin	Vegetable liquid to make vegetables up to 4 cups

*See section on sauces

Dice the vegetables and cook them in boiling salted water, sieve them, and add sufficient vegetable stock to make 5 cups of vegetable puree. Reheat the puree and then add it gradually to the hot white sauce, stirring all the time. Season the soup if necessary and serve it hot with croutons and chopped parsley.

Vegetable Chowder (serves 4)

1 onion sliced	$\frac{1}{4}$ cup of diced bacon
1 cup of diced carrot	1 tablespoon of chopped parsley
1 cup of diced potato	1 teaspoon of salt
1 cup of diced swede	Few grains of pepper
1 cup of vegetable stock or water	4 cracker biscuits
1 cup of milk	

Cook the bacon in an aluminium saucepan over low heat. Add the onion and cook till golden yellow. Add remaining vegetables, salt, pepper, and stock and cook till tender. Add the milk and reheat. Taste and season if necessary. Add chopped parsley and pour over crumbled crackers and serve.

Milk and Cheese Soup

$\frac{1}{2}$ pint of milk	2 tablespoons of grated cheese (about $\frac{1}{4}$ cup)
$\frac{1}{2}$ oz. of butter or good dripping	Pepper and salt
$\frac{1}{2}$ oz. of flour	

Allow these quantities for each person.

Make a white sauce with fat, flour, and milk. Remove it from the heat and stir in the grated cheese, salt, and pepper to taste. Allow the cheese to melt, but do not cook it any more. Serve the soup with fried croutons of bread.

Vegetable stock or vegetable puree may be used in place of some of the milk.

Cream of Asparagus Soup

1 bundle of asparagus	2 cups of thin white sauce
1 tablespoon of chopped onion	Salt and pepper

Prepare the asparagus, put it into a saucepan with the chopped onion, just cover it with boiling water, and cook it until it is tender. Strain off the liquor and cut off the tips and reserve them. Mash the remainder of the asparagus through a colander and add it to the liquor, which should measure $1\frac{1}{2}$ cups; make up the required amount with hot water if necessary. Add the hot white sauce to the liquor, return the mixture to the saucepan, heat it to near boiling, then put in the asparagus tips and serve it. A teaspoon of unsweetened, whipped cream may be floated on each serving.

Cold Asparagus Soup

1 quart of vegetable water or stock	$\frac{1}{2}$ pint of white sauce
1 bundle of asparagus	A few cooked peas
Pepper and salt	

Chop the asparagus stalks and reserve the green tips. Bring the stalks to the boil in the vegetable water or stock, cook them for 30 minutes, strain the liquor, and rub the pulp through a sieve or colander. Reheat the liquor, add the asparagus tips, season it, and cook it for 10 minutes. Take out the tips and pour the soup on to the white sauce, stirring it well. Pour it into soup cups and garnish it with asparagus tips and green peas. Set the cups in a cool place overnight or chill the soup in the refrigerator.



GARNISHES FOR SOUPS

Croutons

To make croutons use slices of bread $\frac{1}{3}$ to $\frac{1}{2}$ in. thick. Trim the crusts from the slices and spread the slices thinly with butter. Cut them into narrow strips, $\frac{1}{3}$ to $\frac{1}{2}$ in. wide, and then cut the strips into cubes. Brown the cubes in a hot oven. Serve them with cream soup.

Sippets

For sippets slices of stale bread $\frac{1}{2}$ in. thick and $\frac{1}{4}$ cup of milk are required. Cut the slices into cubes and drop the cubes into the milk. Remove the cubes from the milk with a perforated spoon and fry them in deep fat. Serve them with pea soup. Quite a large number of sippets can be prepared at a time and those not required immediately can be stored in an airtight jar.

Noodles

To make noodles, beat $\frac{1}{2}$ teaspoon of salt lightly into 1 or 2 egg yolks. Stir in enough flour to make a very stiff dough and knead the dough until it is smooth. Roll it as thinly as possible on a lightly floured board. Cover the dough and let it stand for $\frac{1}{2}$ hour. Roll up the sheet of dough into a cylinder and with a sharp knife cut it into $\frac{1}{8}$ in. slices. Shake the slices into strips. Cut the strips into the required lengths and boil them in salted water for 20 to 25 minutes. If the water goes off the boil, the noodles will become soggy.

Another method of making noodles is to cut the dough into triangles or fancy shapes with biscuit cutters. Serve noodles with any soup which has a stock basis.

Custard Dice for Clear Soup

$\frac{1}{4}$ pint of soup stock
1 whole egg

2 egg yolks
Salt and pepper

Beat the egg and yolks well, season them, and mix them with the stock. Pour the mixture into a small, well-greased round dish and bake it in a pan of water in a slow oven until it is set. Cool the custard, turn it on to a board, and cut it into tiny diamonds, cubes, or rounds made with a thimble or glass tube. Put the custard shapes into soup bowls and pour hot clear soup over them.

Noodles for Chicken Broth

Add a beaten egg and $\frac{1}{4}$ cup of water to 3 tablespoons of salted flour. Beat the mixture well until it is smooth. Pour it very slowly from the tip of a tablespoon into the boiling broth. Put the lid on the saucepan, boil the broth quickly for 3 minutes, and then serve it.

Golden Dumplings for Clear Soup

3 eggs

1 teacup of flour

Milk

Grated nutmeg

2 tablespoons of butter

Pepper and salt

Break the whites of the eggs into a teacup and fill the cup with milk. Melt the butter in a saucepan and stir in the flour; then add the milk and egg whites. Continue stirring the mixture over heat until it leaves the sides of the pan clean. Take the pan from the heat, leave the mixture to cool, then beat in the yolks of the eggs and other ingredients. Drop the mixture by teaspoonfuls into the boiling soup, cover it, and boil it for 5 minutes.



3—Savoury Vegetable Dishes

PROBABLY the greatest amount of unnecessary waste in the preparation of food takes place in the cooking of vegetables. As much of this waste is invisible, it is hard to realise that vegetables prepared correctly may contain many more nutrients than those subjected to careless methods. Many people who tend their gardens and grow their vegetables with loving care thoughtlessly pour many of the nutrients down the drain. For those who buy their vegetables from shop or market it is even more important to preserve nutrient qualities of vegetables during cooking, because bought green vegetables particularly have already lost some value during the period between gathering and preparation.

The home gardener has the satisfaction of producing food of high quality and is independent of the vagaries of the market. However, to derive the full benefit of home-produced food, the housewife must follow the rules or much of the labour expended will be in vain. The greatest value of vegetables lies in their mineral and vitamin content, but they also provide cellulose or roughage and variable amounts of protein and carbohydrate. As many of the nutrients are soluble in water or destructible by heat or on exposure to air, the best methods of preparation and cookery should be known and followed.

To provide a daily menu containing adequate quantities of the most important nutrients vegetables should be chosen to include the following:—

Generous serving of potato;

One or more servings of green vegetables, cauliflower, or swede;

One other vegetable.

The most important feature in the selection of vegetables is their freshness. This applies particularly to green vegetables, which, from the time of gathering, gradually lose their vitamin C. Dr. Faith

Fenton, Professor of Food and Nutrition, Cornell University, has stated, "Vitamin C may be taken as the criterion of quality and nutritive value of vegetables. If it is retained, so also are other attributes. . . . The challenge is to see that the maximum amount of vitamin C is retained in vegetables up to the time they are actually consumed."

Maturity, Price, and Cleanliness

Other points to look for are maturity, price, and cleanliness. Although it is uneconomical to gather vegetables before they have reached maturity, there is a tendency to err in the other direction and to allow them to remain ungathered until they have become woody and tough. The French are renowned for their "petit pois", young green peas which melt in the mouth; although use of peas at this stage is extravagant, they are preferable to the overmatured products sometimes served in this country. Price also is important, and best use of vegetables in season and at reasonable cost should be made. Bought vegetables should be reasonably free from soil and sand.

Storage

The experienced home gardener will know when to gather root vegetables for storage; that is, at the stage where they are still tender but mature enough to be full flavoured and ripe. Root vegetables for current use should be kept in well-ventilated racks in a cool, dry place, and those for winter use in layers of sand or dry soil. Onions, marrows, and pumpkins require circulation of air for good keeping.

Green vegetables should never be stored unless they are quick frozen. Maximum value is obtained from green vegetables when the least possible time elapses between gathering and consuming. If a short time lag is unavoidable, less loss will occur if the vegetables are kept in a covered dish in a refrigerator or, failing this, in a cool, dry place. For those fortunate enough to possess a home freezer the storing of surplus green vegetables is simple, and provided the process is carried out in the approved way, there will be little loss of nutrients or flavour. Vegetables which are not cooked before serving are not suitable for deep freezing.

Preparation

Although different methods of preparation are necessary for different vegetables, there are fundamental principles which should be observed. The best method of preserving the nutritive value of such vegetables as potatoes, kumaras, and beetroot is to cook them with the skin on. When it is necessary to peel vegetables care must be taken to pare them as thinly as possible. This can be accomplished in most cases much more satisfactorily with a special potato peeler than with an ordinary knife. With a little practice the housewife will soon acquire skill in using this utensil and save time in both vegetable and fruit preparation. A case of apples peeled in 20 minutes is an example of what can be done.

Vegetables require thorough washing, but they should not be soaked. A small brush kept for the purpose is invaluable for cleaning such vegetables as young carrots, potatoes, and celery. The soaking of vegetables, especially when they are cut in small portions, may lead to considerable losses in nutritive value. Less loss will occur if the vegetable is covered with a damp cloth or wrapped in aluminium foil and placed in the refrigerator. As vegetables contain a substance which on exposure to air will quickly cause destruction of vitamin C, they should be cut or sliced just before they are cooked. Cutting with a sharp knife will cause little loss, but grating, which exposes a large surface to the air, may lead to considerable loss. Less loss occurs when vegetables such as cabbage are shredded with a sharp knife before cooking than if chopped hot after cooking. Destruction of vitamin C continues quickly after the vegetable has been cooked and for this reason it must be served as soon as possible.

Although it is advisable to include some raw fruit or vegetable in each day's diet, there are many reasons for the inclusion of well-cooked vegetables also. This applies particularly in the case of young children and older persons whose digestive systems are not capable of dealing with large quantities of unsoftened cellulose. Cooking also converts starch into a more easily digestible substance and in many cases improves palatability.

Flavour

Flavour as well as nutritive value must be retained, and to do this short cooking periods are better, because long cooking will either destroy the flavour or make it too strong. The comparison between cabbage cooked for 10 minutes and that cooked for $\frac{1}{2}$ hour is a good example. Apart from spoiling the flavour, long cooking will affect the colour, particularly of green vegetables. It is important to add the right amount of salt during cooking and other suitable flavourings for different vegetables. Pepper is added after cooking, and butter, parsley, chives, mace, or paprika may all be used to give colour and variety.

Colour

Vegetables are sometimes classified according to colour into green, yellow, white, and red, and some knowledge of the effects of heat, acid, and alkali on these pigments is useful as a guide to their cookery.

Green Vegetables.—The colouring matter is slightly soluble in water, but when they are cooked quickly in boiling salted water this colour is well preserved. Alkali, such as soda, will intensify this colour, though acid turns it olive green. However, the practice of adding soda to green vegetables to intensify colour is not advisable, as it destroys some of the vitamins and produces an unpleasant texture.

Yellow Vegetables.—The colouring matter is stable to heat, acid, and alkali, and therefore cooking has little effect on it.

White Vegetables.—The colouring matter is soluble in water, colourless in acid, and yellow in alkali, and heat will produce a greyish

brown. To preserve their whiteness these vegetables should be cooked in a small amount of water without the addition of alkali for the shortest possible time. Iron also affects white vegetables, giving them a green or brown tinge, so that they should not be cooked in iron or chipped enamel saucepans.

Red colouring, present in red cabbage and beetroot, is readily soluble in water, hence the advisability of cooking beetroot with its skin on. Alkali will change this red to a purplish colour; acid will produce a more intense red. When vinegar is added to beetroot a rich colour develops.

As the objects in cooking vegetables are:—

1. To preserve maximum nutritive value;
2. To improve palatability and digestibility;
3. To preserve flavour and colour; and
4. To provide variety,

it is necessary to review cookery methods and to find the most efficient. Some methods are suited to all types of vegetables and others to specific varieties.

Pressure Cooking

As length of time of cooking is very important in conserving nutrients in vegetables, the pressure cooker ensures a minimum loss. Only a small amount of water is necessary and this helps to prevent loss through leaching. Care must be exercised to prevent over-cooking, but if the manufacturer's directions are followed carefully, pressure cooking will result in considerable saving not only in fuel but in the nutritive value of the vegetable. This method is suitable for all types of vegetables.

Baking

Another good method for preventing loss of nutrient is by baking vegetables in their skins. Potatoes and kumaras may be cooked this way. After careful washing and scrubbing they are brushed with melted butter or salad oil and placed in a hot oven at 400 degrees F. The skin should be kept whole during cooking, as this retains the steam and produces a floury product. To test for "doneness" they are pressed between the fingers. When cooked they are pricked with a fork to form a cross on top so that some of the floury interior is forced through the skin. Butter is added and a garnish of paprika or chopped parsley.

Pan Cooking

Pan cooking is suitable for such vegetables as cabbage, spinach, shredded french beans, and mushrooms. After the vegetables are washed and prepared they are placed in a heavy-base shallow pan containing a small amount of melted butter. They are then sprinkled with salt, covered with a tightly fitting lid, and cooked over moderate heat. The pan is shaken occasionally to prevent the vegetables from sticking. The vegetables are cooked in their own steam; they cook quickly, and there is no "leaching", with the result that a high pro-

portion of nutrients is retained. Flavour also is particularly good. Young root vegetables may also be cooked this way provided they are covered with wet lettuce leaves, which will provide sufficient moisture for conversion to steam.

A somewhat similar principle is involved in the use of a "waterless cooker", which will cook a whole meal over one burner. When vegetables are to be cooked by this method they should be moist from washing or have 2 or 3 tablespoons of water added to provide the necessary steam. Cooking by this means is not quicker than other steaming methods, but the cooker may be of use where limited top space is available. It is suitable only for root vegetables.

Boiling

Boiling is probably the most commonly used method of vegetable cookery and the one where faulty procedures lead to greatest nutritive losses. The majority of vegetables may be cooked by boiling, and if correct procedures are adopted, the losses can be reduced considerably. The prepared vegetables are added to a small quantity of boiling, salted water, the pan covered tightly with a lid, and the water brought back to boiling as quickly as possible. They are then cooked at a moderate rate until tender, and drained, seasoned, and served immediately. The vegetable water should be concentrated and used for soup, sauce, or gravy.

If it is necessary to replenish the water during cooking, it must be boiling. If butter is plentiful, a small piece added to the water will help to prevent sticking and improve the flavour.

Roasting

Careful methods must be used in roasting; otherwise a fatty, indigestible product will result. Roasting increases the energy value of the vegetable by the absorption of fat, but there are greater losses of vitamin C than in boiling. However, roast vegetables, if crisp and golden brown, are a popular addition to a meal, and as they generally accompany a green vegetable, can be included for variety. Carrots, marrow, pumpkin, onions, parsnips, potatoes, and kumaras may all be roasted.

To avoid a fatty product and to reduce the cooking time the fat used must be hot. The vegetables should be wiped with a cloth to remove moisture and to prevent spattering. If desired, potatoes and kumaras may be rolled in seasoned flour. The prepared vegetables can be placed either round the roast or in a roasting pan containing hot fat to the depth of about $\frac{1}{2}$ in. They are then cooked in a moderate oven, with occasional basting and turning to ensure even browning. The fat is then poured off and, if necessary, the vegetable may be returned to the oven for further browning.

Frying

Frying has its uses in providing texture contrasts, but vegetables cooked in this way are generally cut in small portions and so tend to lose nutrients readily. However, as an accompaniment to a meal such

PREPARATION AND COOKING OF VEGETABLES

Vegetable	Method	Time (minutes)
Artichokes (Jerusalem)	Scrub well; steam or boil; remove skins after cooking or peel thinly before cooking; drain. Serve with butter, chopped parsley, or with white sauce. Or peel and roast in a little hot fat.	Boil 15-20 Roast 40-50
Asparagus	Wash well, scrape thick ends, and trim; tie in bundles with fine string; boil in deep saucepan with heads up; drain. Serve with melted butter or Hollandaise sauce.	Boil 20-30
Beans, broad	Young beans. Wash; leave whole or slice. Older beans: Wash, shell, and boil; drain. Serve with melted butter or white or parsley sauce.	Boil 10-15 Boil 30-40
Beans, french	Wash, cut off tops and tails, and string. Cut into $\frac{3}{4}$ in. or 1 in. pieces or slice diagonally; boil; drain. Serve with melted butter. Or pan cook.	Boil 20-30 Pan cook 8-10 shredded
Beans, haricot (dried)	Pour boiling water over beans and soak for 4 to 6 hours; simmer till tender; drain. Serve with melted butter and chopped parsley.	Simmer 3 to 4 hours
Beetroot	Cut off tops, leaving about 1 in. of stalk to prevent "bleeding". Wash without breaking the skin. Boil with skin on in water to cover. Drain, slice, and add to seasoned vinegar or cut in cubes and serve hot in a suitable sauce.	Boil 1½-2 hours
Brussels sprouts	Remove wilted leaves; cut off stalks; wash well; boil, drain, and serve with melted butter.	Boil 10-15
Cabbage	Remove coarse outer leaves, cut in quarters, and remove core if woody; shred with sharp knife; boil, drain, add pepper (if desired), and butter. Or pan cook.	Boil 10-15 Pan cook 8-10
Carrots	Scrub and leave whole if young; boil or steam. Wash and scrape old carrots; slice, dice, or cut lengthwise; boil, steam, or roast. Serve with butter and chopped parsley or with white sauce if boiled or steamed. They may also be mashed and served alone or with mashed parsnips.	Boil 15-20 Steam 20-30 Boil 20-30 Steam 30-40 Roast 50-60
Cauliflower	Remove coarse outer leaves and hard core; break into sprigs or leave whole; boil with heads up. Drain and serve with butter or well-seasoned sauce.	Boil 25-30 (whole) Boil 10-15 (sprigs)
Celery	Remove root, outer stalks, and most of green top. Separate the stalks and wash well with vegetable brush. Cut into 1½ to 2 in. strips; boil; drain. Serve with white sauce or variation.	Boil 15-20
Kumaras	As for potatoes.	
Leeks	Remove the roots and coarse leaves, and, if necessary, part of the green top. If muddy, cut in halves lengthwise. Wash well; cut into 3 in. lengths. Boil, drain, and serve with melted butter or white sauce.	Boil 15-20
Marrow	Wash; cut through centre lengthwise; remove seeds and pith with sharp-edged cooking spoon; cut in suitable portions. If young, cook with skin on; otherwise peel. Boil and drain well, or steam. Serve with melted butter and chopped parsley or white sauce or variation, or remove skin and roast.	Boil 10-15 Steam 20-25 Roast 35-45
Mushrooms	Rinse in cold, salted water and drain on a cloth; trim the stalks, and peel; pan cook, saute, or cook in milk and thicken before serving.	Pan cook 10-15 Saute 10-15

PREPARATION AND COOKING OF VEGETABLES

Vegetable	Method	Time (minutes)
Onions	Peel and remove tough outer layers; if large, cut in halves; boil; drain well. Serve with butter, white sauce, or variation. Or roast or saute.	Boil 20-35 Roast 45-60
Parsnips	Scrub, peel (if old), or scrape. Remove the hard centre if necessary. Cut in suitable sizes; boil or steam; drain, and serve with butter, salt and pepper; or mash. Or roast.	Boil 20-30 Steam 30-40 Roast 50-60
Peas	Shell and rinse in cold water; boil; add a sprig of mint and, if desired, a small quantity of sugar; drain; serve with butter.	Boil 10-20
Potatoes (new)	Scrub or scrape; boil; drain; serve with parsley and butter.	Boil 15-20
Potatoes (old)	Wash and scrub if cooking with skins on; or wash and peel; boil and drain, or steam. Serve with melted butter and chopped parsley, or seasoned and mashed. Or roast, bake, or deep-fat fry at 395 degrees.	Boil 25-40 Steam 30-45 Roast 60-75 Bake 45-60
Pumpkin	Treat as for marrow.	Boil 20-30 Steam 35-40 Roast 50-60
Silver beet	Remove the roots; wash and separate the green and white portions. These may be cooked separately or together. Cut the white portions into 1½ to 2 in. lengths and shred the green portions. If the portions are to be cooked together, start cooking the white portion while shredding the green. Serve the green or mixed green and white with butter, or the white separately with white sauce or variation.	Boil stems 10-15 Boil green 5-10
Spinach	Remove the roots and stalks; wash thoroughly in several waters. Pan cook, or cook without the addition of water. Drain and serve plain, or chop slightly and add butter. A pinch of nutmeg will improve the flavour.	Boil 8-10 Pan cook 8-10
Swedes	Wash and peel; cut into medium pieces; boil or steam. Drain and serve mashed with pepper and butter.	Boil 20-30 Steam 30-40
Sweet corn	Remove the husks and silk; wash; boil in water to cover. Serve with butter.	Boil 10-15
Turnips (white)	Wash and peel. If small, leave whole; otherwise cut into portions. Boil and drain, or steam. Serve with butter and parsley or white sauce.	Boil 15-20 Steam 25-30

foods as French-fried potatoes, Saratoga chips, or sprigs of cauliflower dipped in egg and crumbs and fried can be very appetising. Tomatoes, too, can be fried, and in these little loss occurs, as the vitamin C of tomatoes is comparatively stable to heat. When foods are fried in deep fat it is necessary to have the fat at the correct temperature.

Braising

Further variations can be introduced by braising, and carrots and other root vegetables, celery, peas, onions, leeks, etc., may be cooked by this method either alone or in combination. The vegetables are prepared, sauted in a little fat or butter, placed in a casserole, and seasoned. A small amount of stock is added and the casserole covered with a lid and placed in a moderate oven to cook. Any remaining stock should be used as a sauce.

Whatever the method used, the following points should be observed:—

1. Use the vegetable as soon as possible after gathering it from the garden.
2. Cook it without paring when possible.
3. Cook it in a minimum amount of water. See that the water is boiling.
4. Cover the saucepan tightly. Cook for the shortest possible time.
5. Use the water for sauce, soup, or gravy.
6. Avoid the use of soda.
7. Use as soon as possible after cooking is completed; "keeping hot" is destructive of nutrient values and flavour.

An exception is sometimes made to point 4 in the case of strong-flavoured vegetables, such as cabbage, onions, turnips, and cauliflower, which contain sulphur compounds. These compounds are volatile and will pass off in steam. After the cooking water has returned to boiling point the lid may be removed for a few minutes to release these vapours and then replaced and cooking carried out as before. With fresh vegetables, however, this should not be necessary.

Infinite variety can be added to the menu by clever use of all types of vegetables. Recipe books abound with suggestions and there is no reason to cling to stereotyped service. The home gardener can introduce a great selection of both vegetables and herbs from which salads and vegetable dishes can be made artistic and satisfying. Most gardens have a supply of parsley, mint, and chives and, perhaps, of sage and thyme, but few possess watercress, endive, mustard and cress, tarragon, horse radish, or rosemary.

To try to improve a faulty dietary habit New Zealanders should eat more vegetables both raw and cooked and serve them as a main dish frequently. A cheese sauce, a milky basis to a soup, or the addition of pea meal, dried peas, or lentils will supplement the protein in a vegetable dish and provide a nutritious meal.

Combination Vegetable Plate

For a luncheon or tea dish, combination vegetable plate will provide a welcome change from meat or fish. It is a good method of using left-over vegetables. All kinds of vegetables can be used, but a contrast in colour and texture is desirable. The following are suggestions for each season of the year:—

Spring

Creamed potatoes (cubed cooked potatoes, reheated in thin white sauce).

Spinach with egg garnish.

Buttered carrots.

Summer

New potatoes, parsley, butter.

Green peas and beans.

Grilled tomato with cheese.

Autumn

French-fried potatoes.
 Cauliflower with cheese sauce.
 Mixed diced vegetables.

Winter

Baked stuffed potato (with chopped parsley or chives, minced ham, or grated cheese added).

Brussels sprouts.
 Celery and white sauce.
 Serve with grilled bacon if desired.

Creamed Vegetables (3 to 4 servings)

2 cups of cooked vegetables

1 cup of white sauce

One kind of vegetable may be used alone or a mixture of vegetables may be used. When making up the mixture consider the colour combination as well as the flavour. Carrots or green peas are useful in providing colour contrasts. Dice the vegetables if they are large. Left-over vegetables may be used as well as freshly-cooked ones. Mix them with the sauce, reheat them, and serve them on toast or fried bread. To make scalloped vegetables put the mixture in a casserole, top it with $\frac{1}{3}$ cup of buttered crumbs, and brown it in a moderately-hot oven (375 degrees F.).

Casserole of Vegetables

For 5 people use about $2\frac{1}{2}$ to 3lb. of prepared mixed vegetables. The combination could be 1lb. of potatoes and 4 to 8oz. of whatever other root vegetables are available, the amount depending on the strength of the flavour. Peas are a good addition. Dice the vegetables and put them into a casserole, adding about 2oz. of bacon cut into small pieces, seasoning, and stock or tomato puree or juice to cover two-thirds of the depth of the vegetables. Cover the mixture and bake it in a moderate oven (350 degrees F.) until the vegetables are cooked; about $1\frac{1}{2}$ to 2 hours will be required.

Upside-down Vegetable Cake (5 to 6 servings)

8oz. of flour

3 teaspoons of baking powder

$\frac{1}{2}$ teaspoon of salt

2oz. of fat

1 beaten egg

$\frac{3}{4}$ cup of milk

4 cups of mixed vegetables

$\frac{1}{4}$ cup of vegetable stock

2 tablespoons of butter

Sift the dry ingredients and cut the fat into the mixture. Mix in the egg and milk. Grease a shallow baking tin with the butter, arrange the hot vegetables in the pan (it may be possible to make a pleasing pattern with different colours of vegetables), pour the hot stock over them, and put the batter on top. Bake the cake in a hot oven (425 degrees F.) for 20 to 25 minutes and turn it out on a hot plate with the vegetables uppermost. Serve it with brown sauce.

Vegetables au Gratin

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|---|-------------------------------|
| 3 large cups diced cooked vegetables | 1 small chopped leek or onion |
| 1 large cup cooked, dried beans or peas | 3oz. grated cheese |

Prepare vegetables and cook in one pot. Mix 4 tablespoons flour with a little cold milk. Boil $\frac{1}{2}$ pint milk and pour over the flour mixture, stirring well. Add about $\frac{1}{2}$ pint vegetable water and return to saucepan and cook for five minutes, stirring all the time. Add the partly-cooked vegetables and half the cheese. Pour into a fireproof dish and sprinkle with remainder of the cheese. Brown in the oven or under the grill.

Vegetable Cheese Casserole

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|--------------------------------|-------------------------|
| 2½ cups of tinned peas | 1 cup of tinned carrots |
| 8 very small onions | ½ lb. of cheese |
| ½ cup of preserved tomato pulp | Salt and pepper |
| Scone dough | |

Drain the liquid from the peas and carrots into a saucepan, heat it to boiling point, put in the peeled whole onions, and cook them for 10 minutes. Make the scone dough, using 1 cup of flour, and cut up the cheese. Strain the onions, add peas, carrots, tomato pulp, and cheese, mix them together, and pour them into a casserole. Cut the scone dough into rounds and set them on top of the vegetable mixture. Bake the casserole for 15 minutes in a moderately-hot oven—until the vegetables are hot and the scones cooked and lightly browned.

Vegetable Chops

- | | |
|---------------------------------|-------------------|
| 2 cups mixed vegetables, mashed | Salt |
| 1 cup mashed potatoes | Pepper |
| 1 teaspoon onion juice | 1 egg |
| 1 tablespoon chopped parsley | Fat for frying |
| Pinch of thyme or mixed herbs | Dried breadcrumbs |

Mix vegetables and potatoes and mash well. Add salt, pepper, herbs, and parsley and enough beaten egg to bind. Turn on to a well-floured board and shape into cutlets. Dip in the remainder of beaten egg (mixed with milk if necessary). Coat with dried crumbs or oatmeal. Fry in deep fat until brown. Place a piece of macaroni in the narrow end to represent bone. Serve with cheese sauce, or tomato sauce made as follows:—

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|--------------------------------------|--------|
| 2 level teaspoons butter or dripping | Salt |
| 2 level tablespoons flour | Pepper |
| 1 cup tomato puree | |

Melt fat, stir in flour, blending smoothly. Add tomato puree and boil until cooked, stirring continually. Thin with vegetable water, if too thick.

Vegetable Curry

- | | |
|--------------------------------|-------------------------|
| 1 cup brussels sprouts | 1 tablespoon flour |
| 1 cup cauliflower sprigs | Salt |
| 1 cup small onions or shallots | 1 cup milk |
| 2 tablespoons dripping | Lemon juice, if desired |
| 1 tablespoon curry powder | |

Half cook the vegetables in a small amount of water; strain, saving the liquid. Put vegetables into frying pan with dripping and brown a little. Sprinkle with curry powder and flour, add 1 cup of vegetable water and the milk, cover and simmer until vegetables are tender. Add fried bacon or sliced hard-boiled eggs to curry a few minutes before serving.

Vegetable Custard

About 1lb. of vegetables
2 cups of milk

2 beaten eggs
Salt and pepper

Left-over vegetables may be used or fresh ones cooked. A mixture of carrots, peas, and onions is good. In winter other vegetables can be used to replace the peas. Dice the vegetables, place them in a casserole or pie dish, and pour the custard over. Bake the mixture with the dish standing in a pan of water until the custard is set, which takes about an hour at 300 degrees F. Cheese may be added to the custard if desired. Use about 4oz. for this quantity of custard.

Vegetable Fritters

Chop a medium-sized onion finely and mix it with left-over vegetables. Add an egg if necessary to bind the mixture. Form it into cakes and fry them in shallow fat.

Vegetable Loaf

$\frac{3}{4}$ lb. of carrot
4oz. of parsnip
3lb. of potatoes
2oz. of celery
 $\frac{1}{3}$ cup of tomato (puree or juice)
1 teaspoon of salt

Pepper
6oz. of swede
1 beaten egg
6oz. of onions
2oz. of roasted and minced peanuts

(Weights are for prepared vegetables.)

Mince the onion, chop the celery, and cook and mash the other vegetables (left-overs may be used). Mix all together with the beaten egg and tomato puree. Put the mixture into a greased loaf tin and bake it in a moderate oven (350 degrees F.) for 30 minutes. Serve with brown sauce, tomato sauce (made as for white sauce, with tomato juice or puree substituted for the milk), or onion sauce. (The onion in the loaf may be reduced if desired when onion sauce is used.)

Vegetable Pie

FILLING

Cooked, mixed vegetables to fill pie dish (carrots, swede, turnips, cauliflower, parsnips, onion, etc.)
2 tablespoons chopped parsley
1 dessertspoon grated onion
 $\frac{1}{2}$ pint liquid (stock, water, milk, or a mixture)

CRUST

2 tablespoons oatmeal
4 tablespoons mashed potato
4 (rounded) tablespoons flour
1oz. fat
4 level teaspoons baking powder
2oz. grated cheese
Water to mix
Salt

Cream fat and potato and stir in cheese, oatmeal, flour, and salt with sufficient water to form a stiff dough. Place vegetables in pie dish, sprinkle plentifully with chopped parsley, add liquid (left-over

gravy gives flavour) and seasoning. Roll out pastry and cover pie. Bake in a moderate oven for about half an hour until pastry is cooked and lightly browned.

Vegetable Pie

Line a pie plate with short pastry and either prick it well or place a circle of paper on the pastry and use barley or beans to weight it down and so keep the pastry in shape. The paper and weighting are removed after cooking. An alternative is to turn the pie plate or a sandwich tin upside down, fit the pastry on the outside, prick it well, and bake it. When it is cooked, fill the pie crust with hot, creamed, mixed vegetables. Garnish the pie with a small sprig of parsley.

Vegetable Souffle

1 cup of milk
3 tablespoons of flour
3 tablespoons of fat
1 teaspoon of salt
 $\frac{1}{8}$ teaspoon of pepper

3 eggs
1 cup of sieved or finely-chopped vegetable
1 teaspoon of very finely-chopped onion

With the milk, flour, fat, salt, and pepper make a sauce according to the directions given for white sauce. Separate the yolks from the egg whites. Beat the yolks, add them to the sauce, and mix in the vegetable and onion. Beat the egg whites stiffly until the tips of the peaks formed when the beater is lifted just fall over. Fold in the other ingredients. Turn the mixture into a baking dish and cook it in a moderate oven (375 degrees F.) for 50 to 60 minutes. Garnish it with a small piece of parsley and serve it immediately. If the family is fond of parsnips, a souffle can be made with parsnips.

Apple Hot Pot

1 $\frac{1}{4}$ lb. of apples
1 $\frac{1}{4}$ lb. of potatoes
 $\frac{1}{2}$ lb. of onions
5 oz. of cheese

1 teaspoon of salt
A shake of pepper
Water

Place layers of sliced onion, potato, and seasoning in a casserole and add sufficient water barely to cover the vegetables, and bake them in a moderate oven for 1 $\frac{1}{2}$ hours. Add the sliced apples and grated cheese to the dish and bake it for a further $\frac{1}{2}$ hour or longer until the apples are cooked.

How to Cook Asparagus

Asparagus spears should be washed in running water to free the stems of any soil or sand. The tough end of the stem is cut off and the coarse, lower scales removed with the point of a sharp knife. Grade the spears into groups of 8 or 9, keeping the size fairly uniform, then tie them in bundles with tape or string. Place the bundles in boiling salted water, cover them, and cook them rapidly for 10 to 15 minutes, according to their age and thickness. Frequently the larger spears are younger and more tender than the thinner ones and cook more quickly. Do not overcook asparagus or the heads drop off the stalks.

Lift the bundles out of the water, drain them, untie the threads, and lay the asparagus on a heated dish. Serve it with melted butter poured over the heads and top parts of the stalks.

Asparagus and Chicken Casserole

- | | |
|---|------------------------------------|
| $\frac{3}{4}$ lb. of cooked chicken meat, without bones | 2 cups of milk |
| 2 bundles of asparagus | 1 teaspoon of salt |
| 3 tablespoons of butter, mild dripping, or bacon fat | Pepper |
| 4 tablespoons of flour | 1 teaspoon of lemon juice |
| | $\frac{1}{2}$ cup of grated cheese |

Arrange half the chicken meat in a shallow casserole and cover it with half the asparagus. Melt the butter in a small saucepan and add the flour, stirring continually. When the flour mixture is smooth add the milk gradually and bring the mixture to boiling point, continuing to stir. Add the lemon juice. Pour half the sauce over the chicken and asparagus in the casserole. Repeat the layers of chicken, asparagus, and sauce, then sprinkle the grated cheese over the top. Bake the casserole uncovered in a moderately hot oven (400 degrees F.) for 15 minutes.

Jellied Beetroot

- | | |
|---|--------------------------|
| 2 medium-sized beetroot | 2 tablespoons of vinegar |
| 1 medium-sized onion | Sugar |
| $\frac{1}{2}$ pint of aspic jelly or 1 dessertspoon of gelatine dissolved in 1 cup of boiling water | |

Cook the beetroot. Peel and slice the onion and the beetroot. Arrange the slices of beetroot and onion in layers in a wet loaf tin and sprinkle each layer with a little sugar. Add the vinegar to the aspic jelly and pour it over the beetroot and onion. Allow the jelly to set, then unmould and serve it.

Casserole of Cauliflower

- | | |
|------------------------------------|---|
| 1 small cauliflower | 2 teaspoons of melted fat |
| 1 cup of tomato sauce | 3oz. of spaghetti |
| $\frac{1}{2}$ cup of grated cheese | $\frac{1}{2}$ cup of buttered breadcrumbs |

Wash and cook the cauliflower. Cook the spaghetti. Prepare the tomato sauce and add to it the grated cheese. Stir the sauce until the cheese is melted and then pour the sauce over the cauliflower and spaghetti, these having been placed in alternate layers in a casserole.

Cover the top of the mixture with buttered crumbs and brown it in the oven.

Cauliflower a la Creole

- | | |
|---|--|
| 2 cups of tomato puree or juice (bottled or tinned) | 1 teaspoon of salt |
| 2oz. of fat | $\frac{1}{8}$ teaspoon of pepper |
| 4 tablespoons of flour | 1 teaspoon of mustard |
| | 4 tablespoons of finely-chopped onions |

Brown the onions in the fat, add the flour, and make the sauce by the same method as that described for white sauce. Cook a cauli-

flower whole by standing it in a saucepan with the stalk end down and using the method described for green vegetables. Pour the sauce over the cauliflower, which should be well drained, and serve it at once.

Celery au Gratin

Several stalks of cooked celery 1 tablespoon of grated cheese

Any other cooked vegetables, for example, peas, carrots, or tomatoes, can be added to the celery to give flavour and colour.

Make a sauce of 3 tablespoons of flour, 2 tablespoons of butter, 1 cup of milk and stock mixed, and 4 tablespoons of grated cheese. Arrange a layer of vegetables and a layer of sauce alternately in a casserole dish, finishing with a layer of sauce. Sprinkle the top with grated cheese and brown the dish in a hot oven.

Celery and Onion Casserole

3 large onions sliced and cooked in a 6 large sticks of boiled celery
small quantity of fat $\frac{1}{4}$ cup of dry breadcrumbs

Make a sauce of 4 tablespoons of butter, 4 tablespoons of flour, 1 cup of milk, and 1 cup of celery stock. Arrange the sauce and vegetables in layers in a casserole dish, sprinkle them with breadcrumbs, and brown the dish in a hot oven.

Celery can be used to advantage in many meat dishes, either as a vegetable in a stew or as a stuffing.

Celery Curls

With a sharp knife cut the tops of the celery into a fringe for about 2 in.; soak these stalks in cold water and the strips will curl. The stalks then have a light, attractive appearance, and may be used as a garnish or as the basis for a party savoury.

Chokos

Chokos are vegetables which keep well after harvesting, and may be bought with confidence in South Island shops until July or August, after which they begin to sprout.

Boiled Chokos

Peel the chokos, halve them, and remove the central cores, slice or cube the chokos if desired, and cook them in boiling salted water or a steamer until they are tender (20 to 30 minutes). Chokos may also be cooked in a pressure saucepan (5 to 6 minutes at pressure). Chokos sometimes have very prickly skins; these chokos may be cooked in their skins, which then peel off easily.

Scalloped Choko

2 chokos (about 1 lb.) cooked and 1 cup of cheese sauce
cubed $\frac{1}{2}$ cup of buttered breadcrumbs
(Sufficient for 3 or 4 servings)

Place chokos and sauce in alternate layers in a greased pie dish, sprinkle them with the buttered breadcrumbs, and bake the mixture in a moderate oven (350-375 degrees F.) until it is golden brown on top (15 to 20 minutes). Serve with grilled bacon.

Egg Fruit

Egg fruits should be washed before being cooked; if they are to be peeled and sliced, this preparation should be done immediately before they are to be cooked, as they turn brown quickly; soaking fruits in salted water is not recommended.

Fried Egg Fruit

Peel the egg fruits and cut them across in $\frac{1}{2}$ in. slices. Dip the slices in beaten egg and then in breadcrumbs or a thin batter and fry them in salad oil, margarine, or butter until golden brown on both sides. Drain the slices well before serving them.

Alternatively, dip the slices in seasoned flour and fry them till tender or sandwich two slices with cheese paste, dip them in batter, and fry them in deep fat till golden brown.

Baked Egg Fruit

Prepare and slice egg fruits. Spread the slices with butter or French dressing (on both sides), place them on a baking tray, and bake them at 400 degrees F. until they are tender (approximately 12 minutes), turning them once. Serve the slices with grilled tomatoes and bacon, sliced lemon, or tomato sauce.

Baked egg fruit may be marinated (pickled) in salad dressing and served cold in salads.

Baked Egg Fruit and Mushrooms

1 cup of cooked, diced, or minced egg fruit	$\frac{1}{2}$ cup of finely chopped mushrooms or equal quantities of chopped mushrooms and parsnips
1 tablespoon of chopped or minced onion	A pinch of nutmeg
1 oz. of melted butter or fat	A pinch of salt and pepper
1 teaspoon of chopped parsley	

Fry the chopped onion, mushroom, and parsnip together in the butter or fat until they are lightly browned. Season them with salt and pepper, add the nutmeg and parsley, and add the whole to the cooked egg fruit, mixing all the ingredients thoroughly. Tip the mixture into a greased pie dish, sprinkle it with buttered breadcrumbs and grated cheese, brown it in the oven, and serve it hot.

Leek and Bacon Casserole

4 oz. bacon	Parsley
3 leeks (medium sized)	Salt and pepper
2 potatoes	

Cut bacon into small pieces and fry lightly with chopped leeks. Grease the casserole and arrange layers of sliced potatoes. Cover each layer with some of the bacon and leek mixture and sprinkle with

parsley. Make the last layer potato. Half fill the casserole with stock, water, or milk and water. Put on lid and cook for one hour, removing the lid for the last 10 minutes to brown the top layer of potatoes.

Leek Pie

CRUST

6oz. flour
2oz. fat
1oz. grated cheese
1 teaspoon mustard
A little cayenne pepper
Water to mix
Salt

FILLING

5 leeks
1 level teaspoon butter or clarified
dripping
1 level tablespoon flour
About $\frac{1}{2}$ pint leek liquor and milk
1oz. cheese

Rub fat into flour, add other ingredients, and mix to firm dough with water. Roll out and line a pie plate or sandwich tin. Prick the bottom of dough with fork, weigh down with dry bread crusts (these can be used later to make breadcrumbs for frying) and bake until firm, but not browned. Meanwhile cut 4 leeks into 1in. lengths or in rings, and partly cook in very little water or stock. Make the cheese filling, drain leeks and spread over the prepared pastry shell. Add the filling and sprinkle with the remaining leek, chopped fine and fried in a little fat, and some grated cheese. Decorate with pastry strips and bake for a further 10 minutes until brown. If time is short, cook all the leeks and sprinkle the top of the pie with grated cheese only.

Stuffed Marrow

1 small marrow
1 cup of minced meat
1 medium-sized onion, chopped and
browned in a little fat
1 cup of cooked mixed vegetables

1 cup of soft breadcrumbs
2 teaspoons of salt
 $\frac{1}{8}$ teaspoon of pepper
 $\frac{1}{2}$ teaspoon of nutmeg
 $\frac{1}{4}$ teaspoon of herbs if liked

Cut the top off the marrow and scoop out the centre. Mix all the ingredients together, put them in the marrow, and replace the cap. The skin may be left on or not, as desired, but if it is left on, cooking will take longer. Bake the marrow at 350 degrees F. for 1 to 1 $\frac{1}{2}$ hours.

Onion and Cheese Pie

2 large onions
6oz. cheese
1 teaspoon butter or dripping

1 breakfast cup breadcrumbs
4 medium potatoes
1 cup milk

Mince, grate, or chop the onions very small. Add grated cheese, breadcrumbs, and moisten with some of the milk. Grease pie dish or casserole. Slice potatoes (cut very thin or they will not cook in time) and make alternate layers of potato and cheese mixture, finishing with potatoes. Add the rest of the milk and dot with butter or dripping. Put on lid of casserole or cover pie dish with greaseproof paper pleated on the rim. Bake for 1 hour, removing cover during the last 10 minutes to brown the top.

POTATOES

To make the best of any food it is necessary to know its nutritive value and how to cook it to preserve the maximum of that value. As well as starch, which gives energy, $\frac{3}{4}$ lb. of potatoes peeled and uncooked supplies about one-tenth of the daily iron requirement, one-fifth of the vitamin B, and not quite half of the vitamin C. When potatoes are cooked, even by the most conservative methods, these quantities will be slightly reduced, as all these substances are soluble and some of each will dissolve out into the cooking water if potatoes are boiled and will be lost if the cooking water is thrown away.

Decreasing Loss of Vitamins in Potatoes

There are several methods of decreasing this loss:—

1. Boil the potatoes whole in their skins. They may be served in their skins or peeled before being served. The latter takes time during the already-busy dishing-up period, so it is an advantage if the family does not object to eating the skins. If the potatoes are smooth and not too old, the skins are not unpleasant and can even be left on mashed potatoes. Some people do not like the pieces of skin mixed in the mashed potatoes, but others do not object, and to avoid peeling the potatoes at all saves both food value and time.

2. If the potatoes are peeled before being cooked, loss by solution can be reduced by putting them into boiling salted water and bringing them back to the boil as quickly as possible. That is facilitated by using the minimum of water and by keeping the lid on. The water should be kept boiling until the potatoes are cooked. It is well to use the cooking water in soups or gravy, thus utilising the vitamins and minerals dissolved in it, and the smaller the quantity the easier it is to use up; also, many of the potatoes will be cooked in the steam and not in the water, and loss by solution from these upper potatoes will be practically nil.

3. The third method is not to cook the potatoes in water at all. Steaming is an excellent method, as there is then no loss by solution. Other "dry" methods are frying, roasting, and baking, and all are quite good, but with these only about four-fifths of the vitamin C is retained, for this vitamin is not only lost by solution but can be destroyed during cooking.

Speed of Cooking Potatoes

That the destruction of vitamin C is increased very much by heat, and the longer the heating time the greater the destruction, is the second important factor to remember when cooking and serving the potatoes—and, indeed, any vegetable which may be a good source of vitamin C if properly cooked. As potatoes are not the most important source of vitamin C in the diet (fresh fruits and vegetables are a good deal more valuable in this respect), it is not necessary always to consider this point, and in fact any already-cooked potato that is reheated for serving will probably have very little vitamin C left in it.

Nevertheless, potatoes should always be cooked as quickly as possible. If they are to be baked, put them into a hot oven (400 degrees F.) and keep it at that temperature. If they are to be steamed, do not put the potatoes into the steamer until the water beneath is boiling, put the lid back on the steamer at once, and keep it on. If they are to be fried, put them into smoking hot fat in sufficiently small quantities to prevent the fat from cooling right down.

In every case the potatoes should be served as soon as they are cooked. If they have to be kept before being eaten, it is better to cool them quickly and heat them again just before serving them, rather than keep them hot a long time.

Baked Stuffed Potatoes

Choose smooth, even-shaped, fairly-large potatoes. Scrub and bake them on an oven tray until they are soft when pressed with the fingers or when pierced with a sharp-pronged cooking fork or fine skewer. Cut off the tops or cut them in halves across. Scoop out the insides, leaving about $\frac{1}{4}$ in. of flesh on the skin. Mix the scooped-out flesh with dripping (1 teaspoon to 1 cup of cooked potato), seasoning, flavouring, and hot milk to bind. Fill the potato shells with the mixture, decorating the top with a fork. If necessary cut a little slice off the bottoms of the potatoes so that they will stand. Replace them in a hot oven, heat them through, and brown the tops. Garnish with parsley.

Suggested savoury flavourings are: Grated cheese ($\frac{1}{4}$ cup to 1 cup of cooked potato); cooked, finely-chopped bacon or ham; finely-chopped celery, chives, parsley, and cooked onion; tomato sauce and herbs; left-over cooked fish, which must be well seasoned; or cooked sausage meat.

Baked Sausage and Potato

Scrub large potatoes. Make a hole in each with an apple corer, and fill the holes with sausage meat. Bake them until the potato is cooked and serve them hot.

Potatoes au Gratin I

1½ lb. of cooked potatoes
1 hard-boiled egg
4 oz. of grated cheese
1 oz. of flour
Crumbs

1 oz. of butter or good dripping (2 tablespoons)
1 pint of milk
Pepper and salt

Cut the potatoes into fairly thick slices and put them in a greased ovenware dish with the sliced egg. Make a white sauce with the fat, flour, and milk, and when it is cooked stir in three-quarters of the cheese and the salt and pepper. Pour this over the egg-and-potato mixture. Mix the crumbs with a little melted dripping and the rest of the cheese and sprinkle them over the top. Bake the dish until it is hot through and browned.

Vegetables au Gratin.—Instead of the potato and egg almost any cooked vegetable or a mixture of several may be used with a cheese

sauce to make delicious tea or luncheon dishes. Onions, celery, leeks, white turnips, cauliflower, artichokes, cabbage, or brussels sprouts are all suitable.

Potatoes au Gratin II

6 to 8 potatoes
1oz. of dripping or butter
2oz. of grated cheese

$\frac{1}{4}$ pint of milk
Salt and pepper

Cook the potatoes, mash them smoothly, and to them add the salt, pepper, milk, butter, and most of the grated cheese. Mix them well and put them in a greased ovenware dish. Sprinkle the remaining cheese over the top, and cook the mixture until it is heated through and brown on top.

A richer mixture may be made by using beaten egg instead of the milk.

Potatoes with Bacon (Belgian Manner)

Partially cook six slices of bacon. Remove them from the pan while slicing in thinly 1 large onion and 6 potatoes. Add pepper, $1\frac{1}{2}$ teaspoons of salt, 2 teaspoons of herbs, and 2 cups of water, and cook until tender. (Four portions.)

Potato Boats

Peel 6 medium-sized, oval potatoes, cut a slice off one side of each, and hollow out the centres. Cook them in boiling salted water for 10 minutes. Drain, dry, and fry them in deep fat at 385 degrees F. (a bread cube browns in 40 seconds at this temperature). Drain them on soft paper and fill them with left-over meat, fish, or vegetables, seasoned and mixed with a medium white sauce. Serve hot.

Potato Chips

French Fried Potatoes.—Peel the potatoes, cut them in $\frac{1}{2}$ in. slices lengthwise, then again to form chips about $\frac{1}{2}$ in. square and 2 to 3in. long. Dry them carefully with paper or cloth; if water is left on the chips, the fat will splutter when they are put in. Fry them at 395 degrees until they are crisp outside and floury inside. Drain them on paper and sprinkle them liberally with salt before serving them.

Saratoga Chips or Potato Crisps.—Peel the potatoes and cut them into very thin slices. Soak the slices for an hour in cold water, then dry them carefully. Fry the chips in deep fat at 395 degrees a few slices at a time until they are crisp and brown. Drain them on paper and sprinkle them with salt. These chips are served as a garnish or decoration or as something to nibble at parties rather than as a way of including potato in a meal. They may be kept for several days in an airtight tin and, if necessary, heated in the oven to crisp them before they are served.

Duchess Potatoes

To 2 cups of mashed potato add $1\frac{1}{2}$ beaten egg yolks, beat the mixture thoroughly, and shape it into moulds on a greased baking dish. Brush the mounds with the remaining $\frac{1}{2}$ egg yolk, and place them

under the grill or in a very hot oven (450 degrees F.), and brown them lightly. The mixture may be forced through a pastry bag to make rosettes or other fancy shapes for party occasions. (Six small portions.)

Potato Dumplings

Mix $\frac{1}{2}$ cup of dry mashed potato, $\frac{1}{2}$ cup of flour, 2 teaspoons of baking powder, and salt to a scone consistency with milk. Drop spoonfuls in on top of a boiling stew, put the lid on, and cook it for 10 to 20 minutes without removing the lid. Serve hot, with the stew.

Potato Fritters (Sweet)

3 large potatoes
 $\frac{2}{3}$ cup of powdered sugar

Lemon or orange flavouring
 $\frac{1}{4}$ cup of flour

Cook and mash the potatoes and add the sugar and flavouring. Allow the potato to cool, then add the flour, and knead the dough until it is very firm. Roll it out to $\frac{3}{4}$ in. thick, cut it with a biscuit cutter, and fry the fritters in deep fat at 360 to 370 degrees until they are brown and crisp, turning them once. Drain them before serving them.

Potato Loaf

Mix 2 cups of mashed potatoes with 4 teaspoons of minced onion, 2 tablespoons of chopped celery, $\frac{1}{2}$ cup of tomato pulp, 1 egg, salt and pepper, and $\frac{1}{3}$ cup of chopped roasted peanuts (optional). Put the mixture in a greased baking dish and bake it at 350 degrees for 25 minutes. Turn it out and serve it with gravy or tomato sauce. (Six portions.)

Oakhill Potatoes

Cook 2lb. of potatoes, then cool and slice them, or slice left-over cold potatoes. Put layers of potatoes in a greased casserole, sprinkling each with a layer of sliced egg; season each layer. About halfway through put in 2 or 3oz. of lightly-cooked bacon. Pour two cups of thin white sauce over. Cover the mixture with $\frac{1}{2}$ cup of buttered crumbs mixed with $1\frac{1}{2}$ to 2oz. of grated cheese, and bake it until it is golden brown— $\frac{3}{4}$ to 1 hour at 350 degrees.

Potato Omelet

5 slices of bacon
14oz. of cooked and diced potatoes
4 well-beaten eggs

$\frac{1}{2}$ teaspoon of salt
Pepper
1 cup of milk

Bake or fry the bacon till it is crisp. Add the potatoes to the fat and brown them slightly. Place the mixture in a shallow baking pan and pour over it the eggs mixed in with the milk and seasonings. Bake it in a moderate oven (325 degrees F.) till set. Place bacon slices on top of it before serving.

Potato and Peanut Butter Hash

Heat $\frac{1}{2}$ cup of peanut butter in $1\frac{1}{2}$ cups of water in a frying pan. Add 1 onion, finely chopped, and cook it until it is tender. Add 1 teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper, $\frac{1}{2}$ cup of milk, and 2 cups of

cooked diced potatoes. Heat the mixture slowly until it is boiling, then simmer it until the potato absorbs the liquid. Serve garnished with parsley. (Six portions.)

Potato Puffs

Melt $\frac{1}{2}$ oz. of fat, add 1 lb. of mashed potatoes, and heat them. Add salt, pepper, 1 egg yolk or whole egg, and sufficient flour to make a mixture which will roll out. Roll it to $\frac{1}{4}$ in thick and cut it into oblongs. Place on half some well-seasoned cold minced meat with savoury sauce added, fold the pastry over, pinch the edge, and fry it in a shallow pan or bake it for 15 to 20 minutes in the oven.

Potato Savoury

Slice 4 oz. of onions and fry them in shallow fat. Steam $1\frac{1}{4}$ lb. of potatoes and slice them into a dish alternately with the onion. Make $1\frac{1}{2}$ oz. of fat, 1 oz. of flour, and 2 $\frac{1}{6}$ cups of milk into a thin white sauce. Add $1\frac{1}{2}$ cups of tomato puree slowly, stirring well, then stir in 4 oz. of grated cheese. Pour the mixture over the potatoes and onions and bake it for 45 minutes in a cool to moderate oven.

Savoury Mashed Potatoes

To 2 cups of mashed potato add one of the following:—

1 tablespoon of minced watercress	1 to 2 teaspoons of finely-chopped
1 teaspoon of minced mint leaves	chives
And a dash of white pepper	$\frac{1}{2}$ teaspoon of mixed herbs
2 to 3 tablespoons of finely-chopped	$\frac{1}{2}$ to $\frac{3}{4}$ cup of grated cheese
parsley	

Scalloped Potatoes

Peel and slice 6 medium-sized potatoes. Place half in a greased baking dish, sprinkle them with salt and pepper, and dredge them with flour. Repeat with the other half. Add 2 teaspoons of butter to 2 cups of hot milk and pour it over the potatoes. Bake them covered in a moderate oven (375 degrees F.) for 30 minutes, then uncover them and bake them for 10 to 15 minutes longer or until they are browned. (If the milk boils over, uncover the potatoes and bake them at 350 degrees.) A tablespoon of chopped onion may be added to the milk for flavour. (Six portions.)

For variations of this recipe either sprinkle $\frac{1}{2}$ cup of chopped cooked ham over each layer of potato, or sprinkle it with grated cheese and breadcrumbs before the final 10 minutes of cooking.

Potato Souffle

To 4 cups of moist mashed potato add 2 well-beaten egg yolks, seasoning, and flavouring (any of those suggested for savoury mashed potato are suitable, especially cheese), and last fold in the 2 stiffly-beaten egg whites. Turn the mixture into a greased casserole and bake it in a moderate oven for $\frac{1}{2}$ to $\frac{3}{4}$ hour at 300 degrees F. (slow oven) or until lightly browned. Serve at once in the dish in which it was cooked. (Six portions.)

Simplex Potatoes

2lb. of evenly shaped potatoes	Salt and pepper
2oz. of grated cheese	Chopped parsley
2 tablespoons of fat	

Peel the potatoes and cut them in rounds $\frac{1}{4}$ in thick. Brown one side of each round in the fat in a frying pan slowly, with the pan covered. Turn them and sprinkle grated cheese, salt, and pepper on the browned sides. Brown the undersides slowly so that the potatoes will be well done and the cheese melted. Serve them hot.

Potato Stew

Fat for frying	1 pint stock
4 rashers bacon	2lb. potatoes
1 medium onion	Sprig of thyme
2 level tablespoons flour	3 leaves sage
2 tablespoons vinegar or 1 tablespoon lemon juice	Salt and pepper
	Parsley

Peel potatoes and onion, and chop onion and cut potatoes into small pieces. Cut bacon into small squares. Melt the fat and fry bacon and onions until golden brown. Add flour gradually, stirring continually. Add stock and stir until boiling. Add potatoes, herbs, salt and pepper, then cook gently until potatoes are soft, keeping closely covered. Sprinkle with chopped parsley before serving. Small pieces of flap mutton can be used instead of bacon.

Potato Toast

Mix cold mashed potato with a little milk and seasoning and form it into fairly-large flat cakes. Fry them on both sides until they are well browned. Use them in place of toast under or with egg, mince, creamed fish, or bacon.

Croquettes

Croquettes are made by combining cooked food—usually meat, fish, or vegetables—or cheese with a thick white sauce, in the proportion of 2 cups of food to one of sauce, and shaping the mixture into balls, cylinders, or cones, which are dipped in egg and breadcrumbs and fried in deep fat. This is a good way of using left-over food.

Potato Croquettes

1 cup of hot, well-mashed potatoes	$\frac{1}{2}$ teaspoon of grated onion
1 tablespoon of fat (melted)	1 egg ($\frac{1}{2}$ for croquette mixture and $\frac{1}{2}$ for coating)
A shake of pepper	1 tablespoon of water
$\frac{1}{2}$ teaspoon of chopped parsley	Breadcrumbs (for coating)
$\frac{1}{4}$ teaspoon of salt	
$\frac{1}{8}$ teaspoon of celery salt	

Mix the ingredients in the order given, using only half of the egg. Beat the mixture thoroughly and cool it. Shape the mixture into cylinders and dip them into fine, dry breadcrumbs, then into the egg and water mixture (half an egg diluted with 1 tablespoon of cold water), and then dip them into crumbs again. Stand the crumbed

cylinders in a cool place for $\frac{1}{2}$ hour and then fry them in deep fat at 385 degrees F. until they are golden brown. Drain the croquettes well and serve them with tomato sauce.

Pea and Carrot Croquettes

1 cup of cooked carrots, mashed	1 tablespoon of melted butter
1 teaspoon of chopped parsley	Salt and pepper
1 cup of thick white sauce	1 egg
1 cup of cooked peas	Dry breadcrumbs

Combine the carrots, peas, parsley, white sauce, and butter. Season the mixture, cool it, and shape it into croquettes. Roll them in bread-crumbs, then in slightly-beaten egg, then in crumbs again. Fry them at 380 degrees for 3 to 5 minutes. Drain and serve them.

PUMPKINS

Where the recipe calls for cooked pumpkins, left-over pieces of steamed or boiled pumpkin can be used, or if none is available, prepare fresh pumpkin. Peel and cut into convenient-sized pieces and remove the seeds. Boil until tender in a small amount of salted water; about 20 minutes is usually sufficient. Drain and mash to a smooth pulp; cool before using. About 3lb. of raw pumpkin will yield two cups of cooked, mashed pulp.

Baked, Stuffed Pumpkin

Cut a pumpkin in half across the seeds, not lengthwise through the stalk. Wash but do not peel. Scoop out the seeds and fill with a savoury stuffing. Place in a meat tin with generous amount of dripping and cover with grease-proof paper. Bake in moderate oven for $1\frac{1}{2}$ to 2 hours till the pumpkin is quite tender. Serve with good brown gravy.

Savoury stuffings can be varied to suit the ingredients on hand; any of the following are suitable:—

Pork sausage meat with onion, sage, and breadcrumbs. Serve with apple sauce and gravy. **Ham or bacon**, chopped onion, and bread-crumbs; moisten with stock, milk, or white sauce, season with thyme and parsley. **Fresh minced meat** with onion and potato. Cover with sliced tomatoes during the last stages of cooking. **Left-over meat** minced with potato, carrot, leek, or any other vegetable; moisten with gravy. Sprinkle liberally with chopped parsley just before sending to the table.

Pumpkin Fritters

2 cups cooked pumpkin	Pinch of salt
4oz. flour	1 egg
1 teaspoon baking powder	Frying fat

Sift the flour, baking powder, and salt. Add the beaten egg and the pumpkin. The mixture should be slack, so add a little milk if necessary. Heat the fat in frying pan until a faint blue smoke appears. Put spoonful of mixture into the pan and cook first on one side and

then the other until the fritters are golden brown and cooked all through. For a sweet sprinkle with a mixture of cinnamon and sugar and serve hot. These fritters can be made for breakfast, served with bacon, and fried in the dripping left in the pan after cooking the rashers.

Savoury Spinach

1 lb. or 2 bunches of spinach	$\frac{1}{8}$ teaspoon of pepper
1 cup of cooked meat	2 cups of tomato sauce
2 tablespoons of onion juice	$\frac{1}{2}$ cup of cheese
1 teaspoon of salt	$\frac{1}{2}$ cup of cooked rice

Cook the rice. Wash and cook the spinach, chop it finely, and to it add the finely chopped meat, cooked rice, onion juice, and seasoning. Place the mixture in a greased casserole, pour the tomato sauce over it, and bake it in the oven until it is thoroughly hot. Sprinkle it with grated cheese before serving it.

Spinach Custard

2 cups of cooked spinach, put through a sieve	1 cup of milk
1 small onion, minced or chopped very finely	3 eggs, slightly beaten
	Salt and pepper

Combine the ingredients and cook according to the directions for vegetable custard.

Spinach or Carrot Ring

Cook the spinach custard in a greased round tin, setting a small, flat-bottomed basin in the centre. When the custard is cooked remove the basin, turn the custard out carefully on to a plate, and fill the centre with hot, creamed vegetable, creamed cooked rabbit, or other meat.

For carrot ring substitute 2 cups of mashed, cooked carrot for the spinach in the recipe. When it is cooked fill the centre with any of the three fillings suggested above or cooked green peas sprinkled with chopped mint.

Spinach Pie

Use the spinach custard mixture and fill a cooked pie shell, baking the pie until the custard is set.

Treasure Trove

Make 1 tablespoon of flour, 1 tablespoon of butter, $\frac{3}{4}$ cup of milk, $\frac{1}{2}$ teaspoon of salt and pepper into a white sauce by the Roux method given under "Sauces" later in the book. Then add to it 1 cup of cooked diced potatoes, 1 hard-boiled, finely-chopped egg, and $\frac{1}{4}$ cup of roasted chopped peanuts or 1 tablespoon of peanut butter. Serve hot, garnished with parsley. (Six portions.)

TOMATOES

Tomatoes are a useful food, for there are endless ways of using them. When they are plentiful they can form part of any meal, and the surplus can be preserved for future use. Chutneys, relishes, pickles, and sauces with tomato as the main ingredient are always in demand to add flavour and interest to winter dinners.

Frosted Tomatoes

- | | |
|--|---------------------------------------|
| 1 small onion | 4 peeled, large, ripe tomatoes |
| 1 teaspoon of salt and pepper | 1 tablespoon of chopped parsley |
| $\frac{1}{2}$ teaspoon of curry powder | 3 tablespoons of thick salad dressing |

Chop the tomatoes and onion into quite small pieces, add the salt and pepper, and put them into the freezing tray until ice crystals start to form. Mix the salad dressing, parsley, and curry powder. Arrange the frosted tomatoes in individual dishes and pile the curried dressing on top.

Tomato Cutlets

- | | |
|------------------------------------|--------------------------------------|
| $\frac{1}{2}$ lb. of tomatoes | $\frac{1}{4}$ lb. of breadcrumbs |
| $\frac{1}{2}$ lb. of lentils | $\frac{1}{2}$ pint of water or stock |
| $\frac{1}{4}$ lb. of chopped onion | Teaspoon of yeast or meat extract |
| Pinch of thyme | Salt and pepper |

Cook the lentils and onions in water or stock until they are quite soft. Add the skinned tomato and cook it until it is "mushy". Stir in the yeast or meat extract, seasonings, and breadcrumbs, making a stiff paste which can be formed into rissoles or cutlets. Bake or fry them until they are brown and hot right through. Serve them with gravy and jacket potatoes for lunch.

Tomatoes Stuffed with Baked Beans

Choose large, firm tomatoes, cut a slice from the top of each, and scoop out the pulp with a spoon. Mix the pulp with tinned baked beans and fill the tomato cases. Bake them until the tomatoes are cooked but still firm, and serve them on pieces of hot, buttered toast.

Tomato Toad-in-the-Hole

- | | |
|------------------------------|---------------------------|
| 6 firm tomatoes | 2 tablespoons breadcrumbs |
| 1 tablespoon chopped parsley | 1 pint milk |
| 1 tablespoon melted fat | 3 eggs |
| $\frac{1}{4}$ lb. flour | Salt and pepper |

Sift flour and a little salt. Beat eggs, mix with milk, and stir into flour till smooth. Wash tomatoes and skin if preferred. Scoop a little pulp from the middle of each. Fill with stuffing made from the breadcrumbs, fat, parsley, salt, and pepper. Place in a greased baking dish. Pour batter over and bake in a moderate oven $\frac{3}{4}$ to 1 hour. Serve with bacon rolls if liked.

Tomato Tropical

- | | |
|---------------------------------------|---------|
| 2 large tomatoes | Salt |
| 3 tablespoons of finely grated cheese | Paprika |
| 1 firm banana | |

Cut each tomato crosswise into three thick slices. Peel the banana and cut it into very thin slices. Cover the tomato slices with overlapping slices of banana. Sprinkle the banana with a little salt, the cheese, and a little paprika. Place the dish on the grilling rack about 5 in. below the source of heat and grill it for about 10 minutes or until the cheese is melted. Serve it hot with grilled chops, bacon, or scrambled eggs. These quantities make six servings.

Baked Beans

1 lb. of haricot beans	1 level teaspoon of salt
4 oz. of bacon	Boiling water
1 level teaspoon of made mustard	2 tablespoons of golden syrup
$\frac{1}{2}$ pint of tomato puree	

Wash beans, pour boiling water over them, and allow to stand for 24 hours. Cook till tender. Pour off water, add golden syrup, salt, mustard, and bacon cut in pieces. Add sufficient boiling water barely to cover the beans and bake 3 hours in oven. Add tomato puree, and serve on toast.

Boston Baked Beans (3 to 4 servings)


1 cup of haricot beans	1 tablespoon of sugar
3 oz. of bacon	$\frac{1}{4}$ cup of boiling water
$\frac{1}{2}$ teaspoon of salt	$\frac{1}{2}$ teaspoon of mustard
$\frac{1}{2}$ tablespoon of treacle	

Soak the beans overnight, drain them, and cook them in water until half done. Put the beans in a casserole with the bacon and seasonings, dissolve the treacle and sugar in the water, and pour them over the beans. Add water to cover the mixture. Put the lid on the casserole and bake the beans for 6 to 8 hours, removing the lid for the last hour. Alternatively the beans may be cooked for 40 minutes in a pressure cooker.

Bean and Nut Loaf

2 cups cold, cooked beans (haricot or lima)	1 cup breadcrumbs
$1\frac{1}{2}$ tablespoons tomato relish or sauce	$\frac{1}{2}$ cup finely chopped walnuts, or peanuts which have been roasted and minced
1 tablespoon onion (chopped fine)	
1 egg	

Mix beans, nuts, and crumbs with salt and pepper. Stir in the relish, onion, and egg. Shape into a loaf and bake 25 minutes in a buttered tin or pie dish. Turn out and serve with tomato, cheese, parsley, or onion sauce.



Eggs are a Versatile Food

THE weight, size, and to some extent the shape of eggs do not matter for preserving, but only fresh, sound, and preferably sterile eggs should be used.

By their appearance alone the housewife cannot judge whether eggs are new laid, a week old, or even 4 weeks old if they have been stored properly. If the household flock does not produce enough eggs for preserving, the housewife must buy from the egg distributors or buy direct from a producer, to whom the importance of obtaining fresh eggs with sound shells can be explained.

The condition of the shell can be judged more readily. With a strong light—"candling"—the shell texture can be seen and eggs of poor shell texture graded out. The light will also show up large cracks. The presence of fine hair cracks can be detected only by lightly tapping two eggs together, turning them and tapping in three or four positions; sound will indicate whether they are cracked.

Method of Preserving

Of the many ways of preserving eggs at home the use of a water-glass solution is the most popular. Several excellent proprietary lines of egg preservatives are on the market, each giving working directions with the bottle. Twelve dozen eggs can be preserved in a 4-gallon tin, requiring about 2 pints of waterglass and 16 pints of water. At least 2 in. of the solution should cover the eggs.

Boil the water and allow it to cool. Clean the tin or crocks thoroughly. When the water is cool pour it into the crocks and add the waterglass, mixing both ingredients well with a clean stick. The containers may be filled at once or the eggs added daily as collected. If the eggs are placed in a wire basket which fits inside the tin or crock, they can be taken out easily. Any additional liquid required can be added at the rate of 5 pints of water to $1\frac{1}{2}$ pints of waterglass. Place a cover on the crock to reduce evaporation and store it in as cool a place as possible.

Preserved eggs are used chiefly for cooking. Waterglass eggs are less desirable for boiling, as the shell may burst in the boiling water, but they may be used satisfactorily in other ways.

Some housewives doubt whether waterglass eggs retain their vitamin content, but experiments with eggs preserved in waterglass for 6 to 9 months resulted in the report: "If there is any loss in vitamin content, it is so slight as to be unimportant".

One measure to adopt to ensure the keeping quality of eggs is to withhold male birds from the laying pen, for sterile eggs keep much better than fertile ones, especially during hot weather.

OMELETS

IT is not true that omelets are difficult to make or that only the French can make them successfully. Of course, the fowls must be laying well, but the instructions and illustrations given here should bring success with the cooking.

A good frying pan is essential—one with a fairly thick base, shining clean and perfectly smooth. Heavy-grade aluminium pans are good for omelets; another scrap of "information" that can be forgotten is that only iron ones should be used. The size of the pan is important, for one which is too large for the amount of egg mixture will give a thin piece of tough, leather-like substance instead of a thick, puffy, delectable omelet which melts in the mouth.

Set the table for the meal beforehand so that there is no delay in serving, as any waiting must be done by those who are to eat and never by the omelet.

Ingredients and Variations

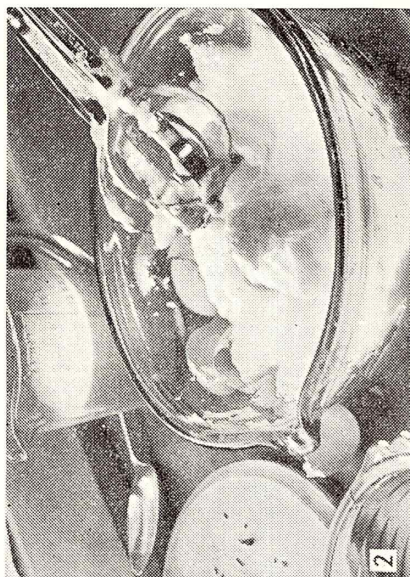
Recipes vary slightly in cookery books, some including flour, some recommending the addition of water instead of milk, and others having neither milk nor water. The ingredients for the omelet the making of which is illustrated are 6 eggs, 6 tablespoons ($\frac{1}{2}$ cup) of milk, 1 tablespoon of fat for frying (butter, lard, or mild dripping), salt, and pepper, making sufficient for 3 or 4 servings.

To give variety, fillings can be used—savoury (tomatoes, mushrooms, asparagus, cheese, fish, ham, bacon, and cooked meats) or sweet (jam, or fresh, stewed, or pulped fruit). The directions with the illustrations are for a herb omelet.

Whipping Egg White for Different Uses

Egg white is used often in cookery in the preparation of puffy omelets, cake frostings, meringues, souffles, and coatings, and sometimes for clarifying soups and coffee, but the consistency of the beaten egg white varies for each of its uses. The following are a few simple rules, which should help to ensure success:—

1. Have the eggs at room temperature.
2. Separate the eggs very carefully so that there is no trace of yolk in the white.
3. Have the bowl and beater perfectly clean.



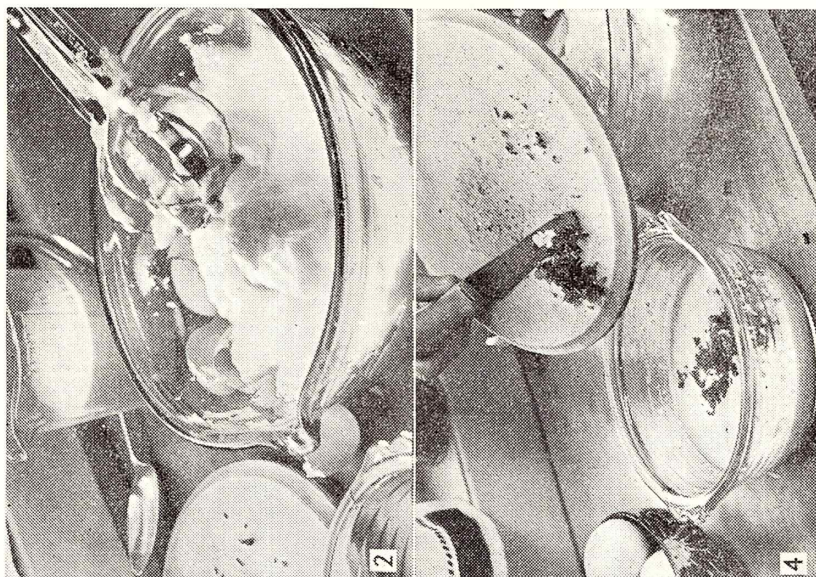
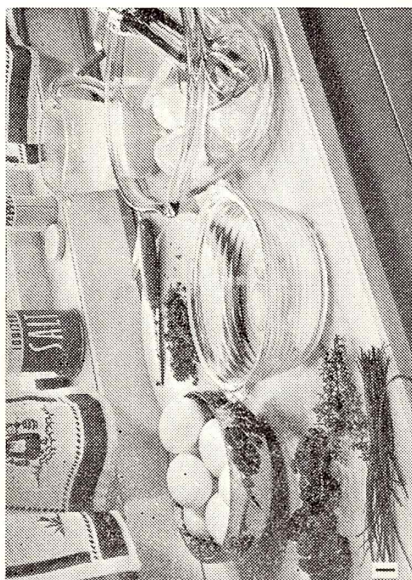
1—Separate six eggs, putting the whites into a large bowl. Chop enough herbs (parsley, chives, and thyme) to yield 1 tablespoonful.

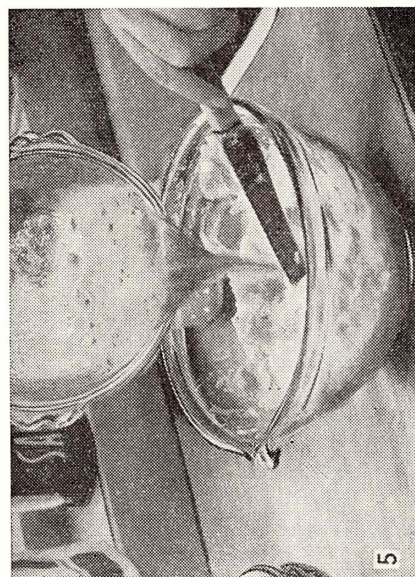
2—Beat the whites until they are stiff enough to stand up in peaks.



3—Beat the yolks until they are pale yellow, and add 6 table-spoons ($\frac{1}{2}$ cup) of milk. Beat them again to mix thoroughly.

4—Add salt, pepper and chopped herbs.





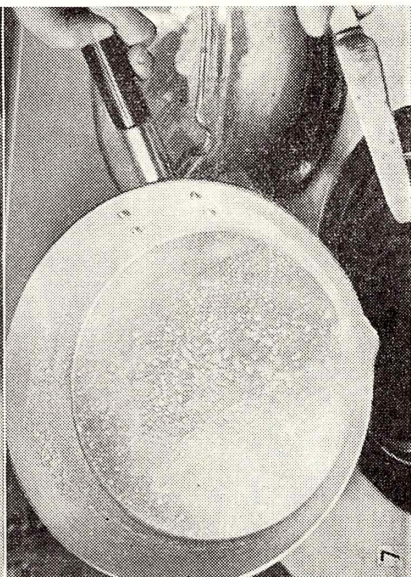
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5—Add yolk mixture to whipped whites. Cut the whites with a knife or spatula to blend the mixtures lightly; do not beat or stir vigorously.

6—Heat 1 tablespoon of fat in a smooth pan until faint smoke rises.

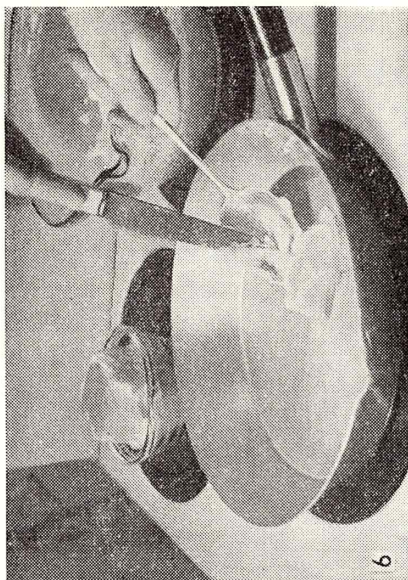


7—Tilt the pan to grease the bottom and sides thoroughly.

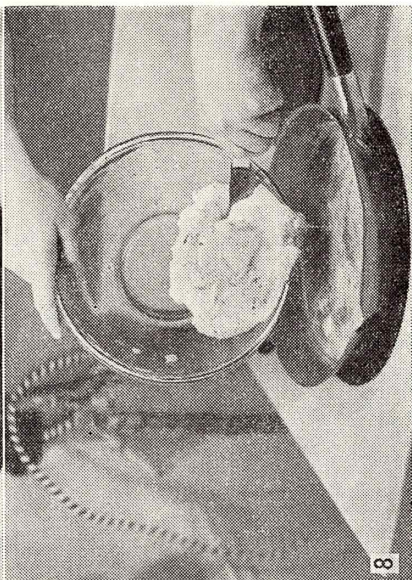


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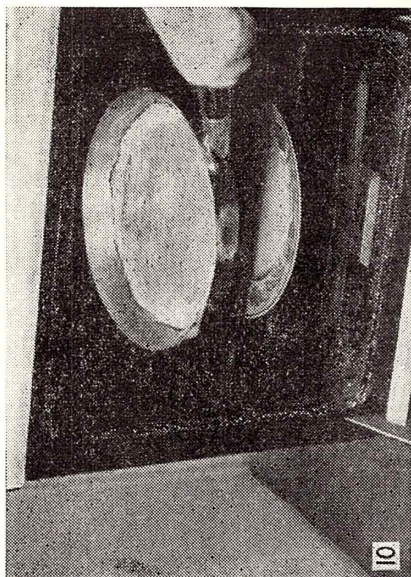
8—Pour the egg mixture into the hot pan, using a knife or spatula to keep it well mixed.



6



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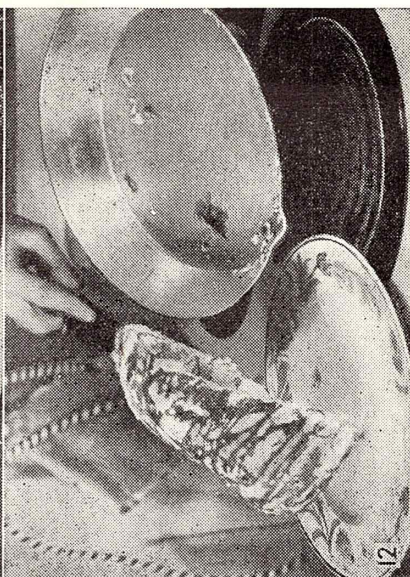


9—Lift the mixture with a knife while it is cooking to let the liquid part run to the bottom of the pan. Cook the omelet until it is just beginning to set.

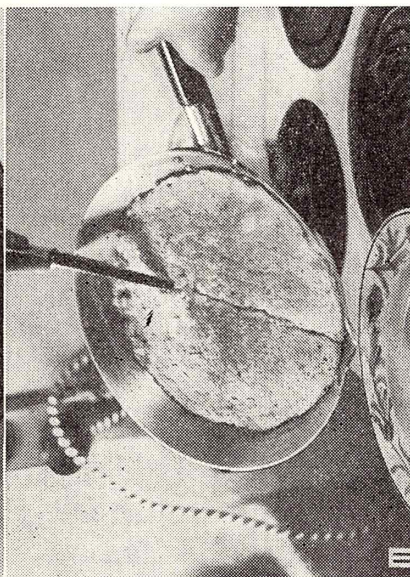
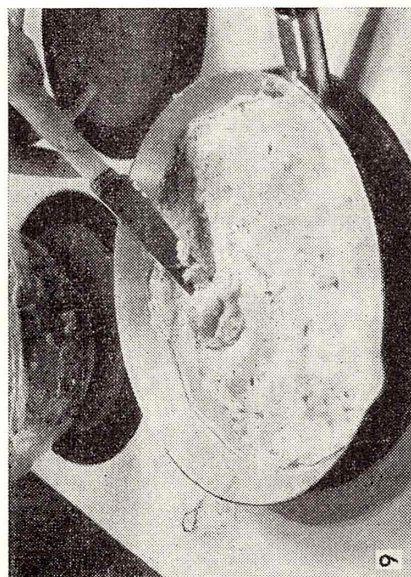
10—Put the pan under a hot grill to set and lightly brown the top.



11—Make a cut crosswise on the omelet.



12—Fold it over, lift it with a broad knife or spatula, slip it on to a heated plate, and serve it at once.



4. Use a deep bowl for a revolving beater, and a shallow bowl or plate for a wire whisk.
5. Beat or whisk to the correct stage. For example: (a) Foamy for clarifying or coating. The air bubbles are of moderate size and the egg is still liquid, although rather thick. (b) Stiffly foamy for souffles, soft meringues, and sponge cakes. When the beater is lifted from the bowl the whipped egg white just retains its shape and the "peaks" bend well over at the tips. (c) Stiff for puffy omelets, hard meringues, and cake frostings. When the beater is lifted from the bowl the whipped egg white easily holds its shape, but the peaks bend over slightly at the tips. Its appearance is glossy. (d) Dry for shirred eggs. Here the egg white appears dull and is very stiff. Over-beaten egg white appears dull and has small, semi-solid flakes separating out from the foam.
6. Do not leave the beaten egg white to stand before combining it with other ingredients, but use it at once.
7. If yolks and whites that are to be combined immediately are being whipped, use the beater first for the whites and then for the yolks.

Baked Eggs

8 strips of bacon	Salt and pepper
2 teaspoons of Worcestershire sauce	4 teaspoons of tomato sauce
8 eggs	

Fry the strips of bacon until they are crisp. Put 2 strips cross-wise in each of 4 small ovenware dishes. Put 1 teaspoon of tomato sauce in each dish, then break in 2 eggs. Pour the rest of the sauce and the seasoning over the tops and bake the eggs in a moderate oven (350 degrees) until they set—about 25 minutes.

Bird Nests

2 cups of cold mashed potatoes	1 cup of minced ham
5 eggs	1 tablespoon of butter
Dry breadcrumbs	Salt and pepper

Mix the ham with the cold mashed potatoes. Form the mixture into balls, flatten them, and make a depression in the top of each. Brush the "nests" with beaten egg mixed with a little water and sprinkle them thickly with dry breadcrumbs. Set them on a well-greased, flat baking dish. Break an egg into each nest, put a little butter on each, and sprinkle them with salt and pepper. Bake them in a moderate oven (325 degrees) until they are well heated and the eggs are set.

Served with fresh green peas, bird nests make an appetising lunch dish.

Bird-nest Pie

1½ lb. of potatoes	1 tablespoon of butter
5 lightly boiled eggs	1 tablespoon of milk
1 dessertspoon of grated cheese	Salt and pepper
Parsley	1 beaten egg

Boil the potatoes, drain them, and mash them with the butter, milk, salt, and pepper. Shape half the amount into a flat round on an ovenware dish. Build up the remainder to an inch-wide rim and score it with a fork. Brush the "nest" with the beaten egg and brown it lightly in the oven or under the grill.

Shell the boiled eggs, arrange them in the nest, pour the sauce over them, and sprinkle them with grated cheese. Brown the pie quickly and serve it garnished with parsley.

The sauce is made as follows:—

$\frac{1}{2}$ teaspoon of mixed herbs	1 slice of carrot
1 small onion	1 tablespoon of flour
1 tablespoon of butter	Salt and pepper
Pinch of nutmeg	3 cloves

Put the herbs, carrot, onion, nutmeg, and cloves into a saucepan with the milk. Cover the pan, simmer the mixture gently until the milk is well flavoured, then strain it. Melt the butter in the saucepan, add the flour, and stir in the flavoured milk gradually until boiling point is reached. Simmer the sauce for 3 minutes.

Egg-and-cheese Casseroles

4 eggs	1 cup of milk
Salt and pepper	$\frac{1}{2}$ teaspoon of dry mustard
$\frac{1}{4}$ lb. of grated cheese	2 tablespoons of minced onion

Break the eggs into a bowl, add the onion and seasoning, and beat them together. Add the cheese and milk and beat the mixture well. Pour it into 4 greased custard cups. Set them in a pan of warm water reaching nearly to the tops of the cups and bake the casseroles in a moderate oven (325 to 350 degrees) for about 30 minutes.

Eggs au Fromage

6 hard-boiled eggs	$1\frac{1}{2}$ cups of medium white sauce
3 tablespoons of grated cheese	Buttered breadcrumbs

Shell and slice the eggs. Arrange the eggs and white sauce in layers in a greased baking dish, sprinkling each layer of eggs with the grated cheese. Finish with a layer of sauce and cover the top with buttered breadcrumbs. Bake the dish at 400 degrees F. until the breadcrumbs are browned. (Au fromage dishes are those to which cheese is added.)

Eggs au Gratin

3 hard-boiled eggs	1 oz. flour
2 oz. butter or fat	$1\frac{3}{4}$ cups milk
2 oz. grated cheese	$\frac{1}{4}$ teaspoon salt
2 tablespoons breadcrumbs	$\frac{1}{8}$ teaspoon cayenne

Make white sauce with fat, flour, and milk. Add seasoning and half the cheese. Slice eggs and spread in the bottom of a dish. Cover with the sauce. Sprinkle with crumbs and the rest of the cheese. Dot with fat if liked. Bake till the top is brown and the dish is hot through.

Egg Croquettes

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|---|-----------------|
| 2 cups of chopped hard-boiled eggs (4
or 5 eggs) | Pepper |
| 1 cup of thick white sauce | 1 beaten egg |
| $\frac{1}{2}$ teaspoon of salt | Dry breadcrumbs |

Chop the eggs finely and moisten them with sauce until the mixture is as soft as can be handled. Season it and cool it well. Shape the croquettes and roll them in crumbs, then in egg, then in crumbs again. Fry them at 380 degrees for 3 to 5 minutes. Drain and serve them.

Curried Eggs

- | | |
|------------------------------------|---------------------------------------|
| 1oz. of butter | $\frac{1}{2}$ pint of stock, or water |
| 2 onions (small) | Salt and pepper to taste |
| 2 apples | 1oz. of flour |
| 1 level tablespoon of curry powder | 6 eggs (hard boiled) |
| 1 tablespoon of vinegar | 1 teaspoon of sugar |

Melt the butter in a saucepan and fry the onions lightly in the butter till golden. Mix vinegar, sugar, curry powder, and cut-up apples in a basin and add the stock. Add this to the onion in the saucepan and cook for 20 minutes. Mix the flour, pepper, and salt with a little water and add it to the ingredients in the saucepan, stirring all the time till it boils. Allow this sauce to cook for 10 minutes. Hard boil the eggs and then shell and slice them on to warmed plates. Pour the hot sauce over them and serve at once.

Curried Eggs and Cheese on Toast

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|--|------------------------------|
| $\frac{1}{4}$ lb. of grated cheese | 1 tablespoon of grated onion |
| $\frac{1}{2}$ teaspoon of curry powder | 1 teaspoon of mixed mustard |
| 4 hard-boiled eggs | Salt and pepper |
| 4 slices of bread | Butter |

Mash the eggs with a fork and combine them with the grated cheese, onion, curry powder, and seasonings.

Toast the bread on one side and spread the other side with butter. Pile the egg mixture on top and grill it until the cheese bubbles and the mixture is lightly browned—3 to 5 minutes.

Egg Cutlets

- | | |
|----------------------------|--|
| 6 eggs (hard-boiled) | Salt and pepper |
| 2oz. of butter | $1\frac{1}{2}$ level teaspoons of curry powder |
| 2oz. of flour | $\frac{1}{2}$ teaspoon of lemon juice |
| $\frac{1}{2}$ pint of milk | |

Melt butter in saucepan, add flour and curry powder, and cook for a minute; then add the milk, stirring until the mixture leaves the sides of the pan. Chop the eggs and add to the mixture together with the salt, pepper, and lemon juice. When the mixture is cold shape into cutlets and dip first in egg and then in fine breadcrumbs. Fry in shallow or deep fat till golden brown (365 degrees to 380 degrees F. for 2 to 3 minutes). Serve hot.

Egg-and-macaroni Pie

1 cup of macaroni
1 onion, minced
 $\frac{1}{2}$ cup of grated cheese
 $\frac{1}{2}$ cup of butter
 $\frac{1}{2}$ cups of milk

1 cup of soft breadcrumbs
3 eggs
 $\frac{1}{2}$ teaspoon of salt
Pepper
Flaky pastry

Cook the macaroni in 2 to $2\frac{1}{2}$ cups of boiling water until it is soft and the water is nearly all absorbed; add the minced onion and grated cheese. Heat the milk, pour it over the breadcrumbs, and add the eggs, well beaten, and the seasonings. Line a pie plate with flaky pastry, pour in the filling, and bake the pie in a hot oven (425 degrees) until the pastry is cooked and the top of the filling is nicely browned (about 30 minutes).

Egg Ramekins

4 eggs
8 tablespoons of soft breadcrumbs
Pepper
A few leaves of thyme

6 tablespoons of thin cream
1 teaspoon of salt
1 dessertspoon of chopped parsley

Mix the breadcrumbs with the salt, pepper, and cream. Divide half the mixture between 4 greased ramekins or custard cups. Sprinkle them with parsley and thyme, then break 1 egg into each dish. Cover them with the rest of the breadcrumb mixture and bake them for 6 to 8 minutes in a moderate oven (350 degrees), the time depending on how "set" the eggs are required.

Egg Rissoles

2 tablespoons of minced onion
3 tablespoons of flour
 $\frac{1}{4}$ teaspoon of dry mustard
1 cup of milk
1 beaten egg

Dry, fine breadcrumbs
3 tablespoons of butter or bacon fat
Salt and pepper
6 hard-boiled eggs

Cook the onion in the butter or fat until it is clear and tender but not browned. Stir in the flour and seasonings, then the milk, and cook the mixture, stirring constantly, until it is very thick. Add the hard-boiled eggs chopped finely and set the mixture aside to cool thoroughly. Form it into 10 round cakes. Dip each in the beaten egg mixed with a little water, roll them in the crumbs, and fry them until they are golden brown in fat about $1\frac{1}{2}$ in. deep and hot enough to have a faint blue smoke rising from it.

Roman Eggs

1 large onion, chopped finely
 $\frac{1}{2}$ cups of boiled rice
4 tablespoons of butter or bacon fat
Salt and pepper
1 teaspoon of celery salt
2 tablespoons of bacon fat

4 eggs
 $\frac{1}{2}$ cups of white sauce
4 tablespoons of flour
1 pint of tomato puree or tomato juice
2 tablespoons of grated cheese

Melt the 2 tablespoons of bacon fat and gently cook the chopped onion in it until it is clear but not browned. Add the boiled rice and white sauce, stirring constantly, and cook the mixture until it is well heated. This part of the cooking is best done in a double boiler. Turn the mixture into a greased, oval, oven-glass dish or an oblong tin and keep it hot.

Prepare the tomato sauce. Heat the butter or bacon fat in a saucepan, stir in the flour, and cook the mixture until it is frothy. Then add the tomato juice or puree, continuing to stir until it boils. Add the salt, celery salt, and pepper, and then the grated cheese. Simmer the sauce gently for about 5 minutes, stirring it constantly. Take the saucepan off the direct heat, but keep the sauce hot while the eggs are being poached.

Turn the rice mixture on to a hot, flat dish, put the eggs on top, and pour the sauce round them. Garnish the dish with sprigs of parsley.

Spanish Eggs

$\frac{1}{2}$ cup of cooked rice	Salt and pepper
$\frac{1}{2}$ cup of brown sauce (a good thickened gravy)	1 tablespoon of chopped parsley
1 tablespoon of butter	1 tablespoon of lemon juice
	6 eggs

Cook the rice in boiling water, drain it, then add the butter, salt, and pepper, and arrange it on a hot dish. Keep the rice hot while the eggs are being poached in boiling water to which the lemon juice has been added and the gravy is being heated. Place the eggs on the rice, pour the gravy round it, and sprinkle the eggs and rice with chopped parsley.

Spiced Eggs (to Serve with Curry)

8 hard-boiled eggs	$\frac{3}{4}$ teaspoon of paprika
$\frac{1}{4}$ cup of butter	$\frac{3}{4}$ teaspoon of black pepper
$\frac{1}{4}$ teaspoon of salt	$\frac{3}{4}$ teaspoon of cinnamon

Shell the eggs and prick them all over with a sharp fork so that the butter can penetrate to the centres. Heat the butter in a pan over a low flame and fry the eggs, turning them until they are light brown. Then roll the eggs in the well-mixed spices and serve them very hot with curry.

Egg and Vegetable Souffle

2 cups of mixed, cooked vegetables, such as peas, carrots, beans, and cauliflower sprigs	6 tablespoons of butter
1 cup of grated cheese	$\frac{1}{2}$ cup of flour
4 eggs	1 cup of milk
	Salt and pepper

Put the vegetables in a casserole with 2 tablespoons of butter.

Melt the rest of the butter in a saucepan, add the flour, and cook it until it is bubbly. Add the milk gradually, stirring constantly, and cook the mixture until it is thick; then add the cheese and stir until it melts. Take the pan from direct heat. Beat the egg whites until they are stiff. Add the hot sauce to the yolks; mix in the seasonings, and fold the mixture into the egg whites.

Pour the prepared mixture over the vegetables, stand the casserole in a pan of water in a moderate oven (325 degrees), and bake the souffle for about 1 hour. To test it, insert a knife blade; if it can be withdrawn without any particles of food sticking to it, the souffle is cooked.

Surprise Souffle

3 tablespoons of butter
Salt
 $\frac{3}{4}$ cup of milk
3 tablespoons of flour

8 eggs
Cayenne pepper to taste
1 cup of grated cheese

Beat 4 of the egg whites until they are stiff.

Melt the butter and stir in the flour and seasoning. Add the milk slowly while stirring continually and cook the mixture until it is thick and smooth. Take the pan from the heat and stir the cheese and 4 unbeaten egg yolks into the mixture. Fold in the stiffly beaten egg whites.

Half fill 4 greased custard cups with the mixture, break an egg into each cup, and cover them with the rest of the cheese mixture. Bake the souffles in a hot oven (400 degrees) for about 20 minutes and serve them immediately.

Eggs Tetrizzini

3 eggs
3oz. of spaghetti

4oz. of chopped onion
1 cup of tomato sauce

Slightly fry the chopped onions. Cook the spaghetti in boiling salted water. Hard boil the eggs and cut them into thirds. Add the tomato sauce, onions, and eggs to the spaghetti and heat thoroughly in a double boiler.

Savoury Stuffings

Stuffed eggs are the most popular of the stuffed savouries, but eggs are not always available, so stuffed prunes, celery, or tomatoes may be substituted.

Stuffed eggs are served in halves, so the number of portions will be double the number of eggs used. Boil the eggs hard, having them well covered with water and turning them after they have been cooking for about a minute. When they are cooked, shell them, cut them in halves lengthways, and remove the yolks carefully. Put the yolks in a bowl, season them well with salt and pepper, add chopped parsley, chives, or cress, and moisten them with top milk or salad dressing. Other possible additions are curry powder, Worcester or tomato sauce for moistening, a few drops of onion juice, or a little tasty cheese grated very finely. Put the filling back into the egg whites and serve the eggs on lettuce.

Individual Jellied Egg Salad with Green Peas

4 hard-boiled eggs
1 cup of cooked green peas
Pepper
1 tablespoon of gelatine crystals

Mayonnaise
1 teaspoon of minced onion
About 1 teaspoon of salt
Lettuce, parsley, mint

Soften the gelatine with $\frac{1}{4}$ cup of cold water, stand it aside for 15 minutes, then pour $1\frac{1}{2}$ cups of boiling water over it. Let the gelatine stand until it is cool, then add the onion, salt, pepper, and $\frac{1}{2}$ flat teaspoon of chopped mint.

Pour a little gelatine into each of four moulds and arrange some slices of egg in it. Pour a very little more gelatine over the egg and leave it until the gelatine is nearly set. Put in a layer of green peas and more gelatine, continuing with alternate layers of egg slices and peas until the moulds are full. Unmould the salads, set them on lettuce leaves, sprinkle them with chopped parsley, and serve them with mayonnaise dressing.

Eggs in Aspic (Individual Serving)

1 egg	$\frac{1}{4}$ cup of tomato pulp
$\frac{1}{4}$ cup of chopped ham	$\frac{1}{2}$ cup of aspic jelly

Poach the egg and trim it to fit the mould. Slide it into the wet mould upside down. Mix the ham and tomato pulp and fill the mould with the mixture. Pour the aspic jelly into the mould and put it aside to set. Unmould the jelly on to a nest of lettuce and put a spoonful of mayonnaise on top of the aspic or round the base of it.

CUSTARDS

GENERAL PROPORTIONS	Baked custard—1 egg to 1 cup milk
Soft or "boiled" custard—1 egg to 1 cup milk	Moulded custard—1 egg to $\frac{1}{2}$ cup milk

If eggs are scarce or expensive, a custard sauce may be made in place of a custard.

1 egg	1 tablespoon sugar
1 pint milk	Flavouring
1 tablespoon cornflour	

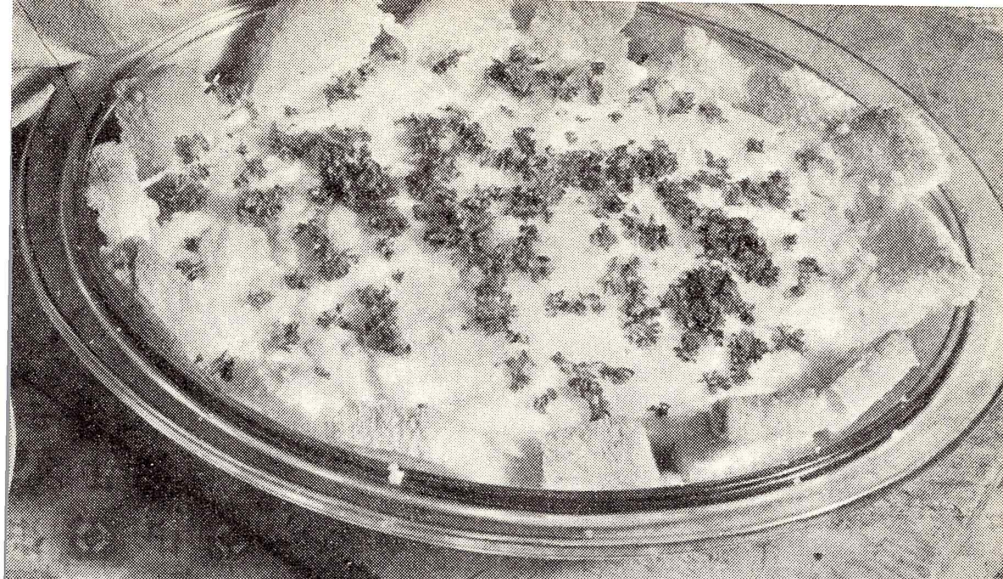
Mix the cornflour with a little of the cold milk. Heat the rest of the milk and when boiling pour on to cornflour mixture. Return to saucepan and stir till boiling. Add sugar. Pour on to beaten egg, and if necessary return to saucepan again and stir till it thickens. When slightly cool add flavouring.

A moulded custard is a small baked custard stiff enough to hold its shape when turned out. If the mould is lined with caramel before pouring in the uncooked custard mixture, and it is unmoulded while hot, the melted caramel will flow over the custard and make a very attractive dessert.

Baked Custard

1 egg, slightly beaten	Vanilla essence
1 cup milk	Nutmeg
$\frac{1}{2}$ oz. sugar	

Beat the egg and add the sugar, a pinch of salt, vanilla essence, and milk. Stir well. Pour into small pie dish and bake in a moderate oven about $\frac{1}{2}$ hour till set. Do not have the oven too hot or the custard will boil and the even texture is spoilt.



5—Choice in Cheese

MAKING cottage cheese is essentially the process of draining off the whey from sour milk. The curd may take a long time to form, especially in cold weather, but the process can be speeded up by adding salt to the sour milk and then warming it very gently to blood heat. If the heat is too great, a tough, dry curd forms instead of the smooth, soft-textured type that results from natural souring.

When the curd has begun to separate from the whey the milk is strained through butter muslin. Line a colander or wire strainer with butter muslin and tip the milk into it. When most of the whey has separated from the curd place a saucer and a heavy weight on the cheese and leave it to drain over a basin. The cheese is ready for use in 12 hours or slightly less. A pint of milk makes about 4oz. of cottage cheese.

This can be seasoned and used in salads, as a filling for sandwiches, or as a savoury base. It can also be used in desserts, for though it has a characteristic texture, it has a bland flavour that is suitable for both sweet and savoury mixtures.

Cottage Cheese Loaf

The crusts are cut off a day-old 2lb. sandwich loaf and the bread is sliced lengthwise into five even slices about $\frac{1}{2}$ in. thick. The most suitable knife to use is not a bread knife, but a good sharp long-bladed kitchen knife. When the five slices have been cut stack them one on top of the other and trim them so that the top slices are slightly smaller, grading down to the larger ones at the bottom. This is not essential, but it makes the final spreading of the creamed cheese much easier.

Spread a generous layer of butter on one side of the top and bottom slices of bread and on both sides of the slices in between. Spread the bottom slice first with any filling and then spread the next slice and place it lightly on the first. Do not press it down firmly, because the filling should be spread thickly on the bread and not forced out at the sides. Continue spreading the slices and stacking them to re-form the loaf. If tomatoes are used in the loaf, they should be placed in slices between the two layers of a spread so that they do not moisten the bread.

When the last slice is placed on top shape the loaf gently with the hands, being careful not to press it down until all the sides are even. Trim the loaf if necessary and remove any filling which may have oozed out. Using a broad spatula, coat the loaf with the cottage cheese mixture. The process is similar to icing a cake, though the cheese should not be smoothed over, but left in rough points and swirls. Put the loaf aside in a cool place, because it cuts better if it is chilled before serving. Then it should be removed to a large plate or small meat dish and garnished.

The fillings for the loaf may be made from any savoury mixtures with blending flavours. A great variety of savoury spreads can be made from the basic ingredients, which can be divided into three categories.

Savoury Butters

Savoury butter mixtures, suitable for spreading, are made by adding some piquant flavour to softened creamed butter. Chives, mustard and cress, onion juice, tomato sauce, curry powder, or fish paste would all be suitable.

Spreads

Meat, vegetables, fish, or egg can be minced or mashed and seasoned with chutney, mustard, Worcestershire sauce, mayonnaise, peanut butter, onion, herbs, or other suitable flavourings.

Fillings

More substantial fillings can be made by adding a variety of flavours to a base of thick white sauce made from 4 tablespoons of flour, 4 tablespoons of butter, 1 cup of milk, and salt and pepper. Grated cheese, oysters, cooked mushrooms, and fish paste are all successful flavours used in these fillings.

The finished loaf is garnished with chopped parsley, or chives, and slices of tomato or radish or wedges of a red-skinned apple.

When the loaf is served it should be cut across in thick slices, and if smaller portions are wanted, it can be cut down the centre as well. Small plates and forks should be provided with the servings.

Cottage Cheese

2 teaspoons lemon juice or
 $\frac{1}{2}$ teaspoon rennet

1 pint yesterday's milk

Mix together and stir over slow heat till curd and whey separate. Pour contents gently into muslin spread over basin. Tie corners and

drain. Then beat drained curds with a fork and add a little cream or a spoonful of milk powder to enrich the flavour. Other savoury flavourings such as tomato sauce, parsley, vegetable extract, chives, etc., may be added.

Use as a savoury filling or spread, or in salads. (A pint of milk makes $\frac{1}{2}$ cup.)

Use up the whey as a substitute for water in any gelatine recipe where the main liquid is water and the slightly-acid flavour of the whey would not matter.

Herb Cheese Spread

4oz. of cottage cheese	$\frac{1}{2}$ teaspoon of sage, thyme, or mixed herbs
1 teaspoon of celery salt or celery chopped very finely	Salt, pepper, and, if possible, a little horse radish to taste
1 tablespoon of lemon juice	

Orange Cheese Spread

4oz. of cottage cheese	1 tablespoon of orange juice
Grated rind of 1 orange	$\frac{1}{2}$ teaspoon of cinnamon
1 teaspoon of sugar	

Pear and Cheese Salad

Cut a ripe pear in half, scoop the core out, and stuff the hole with cottage cheese. Serve on a lettuce leaf. Peaches, ripe apples, pineapple slices, etc., could be used for this salad. Prunes and dates stuffed in the same way can be used to garnish a chopped salad.

Onion and Cheese Spread

4oz. of cottage cheese	Salt and pepper to taste
2 tablespoons of chopped chives or spring onions	2 or 3 chopped olives

Cheese Aigrettes I

3oz. of grated cheese	$\frac{1}{2}$ pint of boiling water
4oz. of flour	Salt
2oz. of butter	Cayenne pepper
3 eggs	

Put the butter and water into a small saucepan, stir in all the flour at once over the fire, and stir till the mixture leaves the side of the pan. Take the saucepan off the fire and add the yolks of eggs one at a time and beat the mixture till it looks smooth and shiny. Add cheese and seasoning, and stir in the stiffly whipped whites. When the mixture is cold fry in teaspoonfuls in deep fat. Serve hot or cold (365 to 380 degrees F. for 2 to 3 minutes).

Cheese Aigrettes II

$1\frac{1}{2}$ oz. of flour ($\frac{1}{4}$ cup, unsifted)	Salt and pepper
$\frac{1}{2}$ oz. of butter or dripping	1oz. of grated cheese
2 small eggs	

Boil the butter in $\frac{1}{4}$ pint of water. Add the sifted flour and beat the mixture until it forms a ball. Add the cheese, salt, and pepper and beat in the eggs a little at a time. Have the fat barely smoking, and put the mixture into it in small teaspoonfuls. Fry the aigrettes until they are golden brown, drain them, and sprinkle them with finely grated cheese.

Cheese Bread Custard

$\frac{1}{2}$ cup of breadcrumbs
2 eggs
1 cup of milk

$\frac{1}{2}$ cup of grated cheese
Salt and pepper

Put the crumbs and cheese in a greased pie dish. Add salt and pepper and pour over them the beaten eggs mixed with the milk. Bake the custard in a slow oven or in a pan of water until it is set.

A more economical dish may be made by omitting 1 egg and increasing the crumbs to 1 cup. The cheese can also be increased up to 1 cup. To be sure the bread is well soaked beat it into the egg-and-milk mixture and finally stir in the cheese. Cook them in a greased dish as in the first recipe. More flavour may be added with chopped bacon or ham, chopped fried onion, parsley, chives, or tomato.

Cheese Casserole

$\frac{1}{8}$ cup of diced salt pork or bacon
 $\frac{1}{2}$ cup of cooked diced potatoes
 $\frac{1}{2}$ cup of diced onion
 $\frac{1}{2}$ cup of boiled rice
 $\frac{1}{2}$ tablespoon of melted butter

1 cup of tomato juice
2 tablespoons of flour
3 tablespoons of grated cheese
1 teaspoon of salt

Cook the pork or bacon in a frying pan until it is a light brown. Add the potato and onion and fry until they are brown. Mix the flour to a thin paste with a little of the tomato juice, pour this into the remainder of the tomato juice, which has been heated, and stir until it boils and thickens. Add the cheese and pour over the vegetables. Turn the mixture into a greased baking dish and cover it with rice and butter. Place a lid on the dish and bake in a slow oven for 30 minutes.

Cheese Fritters

3oz. of flour ($\frac{3}{4}$ cup sifted or stirred)
1 egg
2oz. (3 tablespoons) of milk
2 tablespoons of melted butter

6oz. of dry cheese
Salt and pepper
Vinegar

Beat the egg yolk with the milk and melted butter. Stir into this the flour mixed with a pinch of salt and beat them well. Beat the egg white stiff and fold it lightly into the batter. Cut the cheese into small strips or fingers, dip them into the vinegar and then into the batter, and slide them gently into a pan containing smoking-hot frying fat. Fry them until they are golden brown on both sides, drain them, and serve them at once.

Cheese Loaf

$\frac{1}{2}$ lb. of cheese (2 cupfuls grated)
2 cups of crumbs
 $\frac{1}{2}$ lb. of boiled ham

2 cups of milk
Salt and pepper

Line a greased dish with crumbs, then arrange layers of cheese and minced ham alternately with crumbs. Season the mixture well with salt and pepper and pour milk over it. Allow it to stand for 5 minutes, then bake it for 20 minutes in a moderate oven. Serve the loaf with tomato sauce.

Macaroni Cheese

1 cup of cooked macaroni
 $\frac{1}{2}$ cup of grated cheese
 2 eggs

2 tablespoons of milk
 1 tablespoon of fat
 Salt, pepper, and cayenne pepper to taste

Beat the eggs in the milk and add them with the seasonings to the melted fat. Add the macaroni and stir the mixture gently until it thickens. Add the cheese and stir gently until it melts. Serve on toast. These quantities provide 4 servings.

Cheese Pie

4oz. of grated cheese
 $\frac{1}{2}$ oz. of melted butter
 2 eggs
 $\frac{1}{4}$ pint of new milk

Short pastry
 Level teaspoon of salt
 Shake of cayenne pepper

Grate the cheese finely. Beat the eggs and add milk, salt, cayenne pepper, and melted butter. Line a pie dish with short pastry. Pour in the custard mixture and bake at 450 degrees F. for first 10 minutes and then reduce temperature to 400 degrees F. (Total time 25 minutes.)

Savoury Cheese Potatoes

Potatoes (1 fairly large one for each serving)
 Salt and pepper

1oz. of butter to each 6 potatoes
 4oz. of cheese to each 6 potatoes

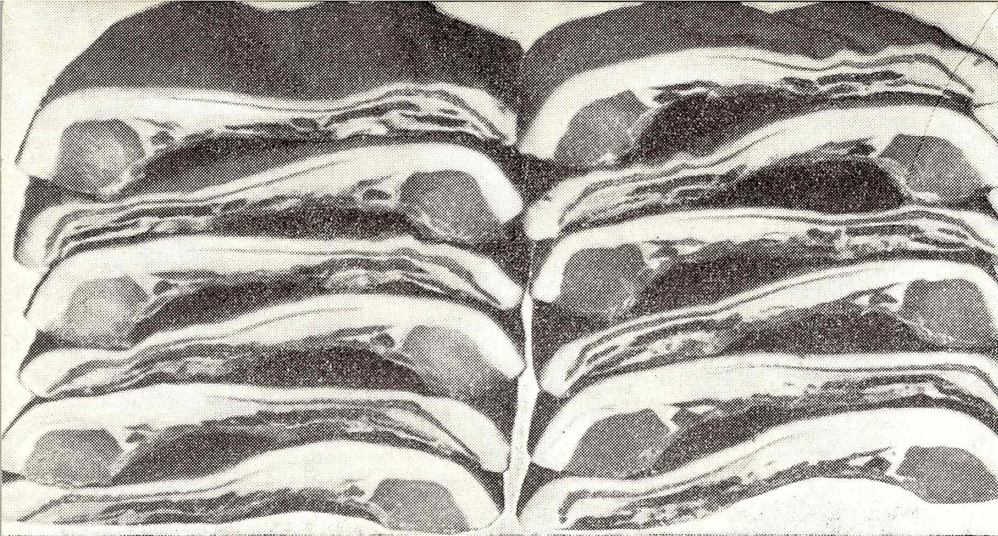
Boil, drain, and dry the potatoes. Divide each in halves lengthwise, brush the pieces over with melted butter, and sprinkle them with salt, pepper, and grated cheese. Bake them until they are brown.

Welsh Rarebit

1 tablespoon of butter
 1 to 2 cups of grated cheese
 1 egg, slightly beaten

$\frac{1}{2}$ cup of milk
 $\frac{1}{4}$ teaspoon of baking soda
 Salt and paprika to taste

Melt the butter, add the cheese, and cook them over hot water until the cheese melts. Add the salt, paprika, and baking soda to the egg, and then add the milk. Add this mixture to the cheese mixture and cook all until it is smooth and creamy, stirring gently to prevent lumps. Serve the rarebit on toast. The quantities given make 3 or 4 servings.



6—Bacon for Variety

BACON is the most versatile of meats. It can be a main dish or a perfect accompaniment to other foods. It is welcome for breakfast, lunch, or dinner, and makes an appetising appearance in savouries for afternoon tea, supper, or party refreshments. It is the home cook's standby, for it provides the easiest and most quickly prepared simple meal and is an indispensable adjunct to many elaborate meals. Moreover, it is almost universally popular, and the titillating smell of bacon, toast, and coffee carried on the morning air brings the family to the breakfast table without any calling. Good bacon deserves to be well treated; all too frequently it is fried in other fats which disguise the distinctive flavour.

Bacon rashers to be fried should be trimmed of rind and small pieces of gristle, then put in a hot, dry frying pan and cooked until the fat is transparent and of the desired crispness. If very crisp bacon is preferred, the fat can be poured off as it accumulates in the pan. To "crimp" the rashers they may be pushed into waves with two forks while they are cooking.

Rashers to be grilled should have the rind cut off and be laid on the bars of the grill pan, which is slid under the ready-heated grill. When the rashers are crisp on one side they are turned and grilled until the other side is done; about $2\frac{1}{2}$ minutes for each side should suffice. Bacon may be "grilled" in the oven by laying the rashers singly, not overlapping, in the roasting pan and cooking them in a hot oven (about 400 degrees F.) until the fat is crisp.

For bacon curls or rolls the rind and any pieces of gristle are trimmed off and the rashers cut into pieces about $1\frac{1}{2}$ in. x 3 in. Rolled up loosely and impaled on a skewer, they are baked or grilled until they are cooked. Bacon curls are useful for garnishing roast chicken, veal, rabbit, scrambled eggs, omelets, and similar dishes.

A large pair of scissors is easier and quicker to use than a knife for cutting off the rinds of bacon.

Bacon which is too salty may be soaked in cold water or milk before being cooked. It must be drained and dried well or the fat will splutter in the hot pan.

BACON SAVOURIES

Bacon Rolls

Remove the rind from the bacon, using a sharp knife or a pair of kitchen scissors, and cut the rashers into pieces 3 or 4in. long. Use as fillings soaked stoned prunes, raw oysters, or mushrooms. Roll the fillings in pieces of bacon, secure the rolls with toothpicks, and cook them for 10 to 15 minutes in a hot oven or under a griller until the bacon is crisp and the filling cooked. These rolls must be served very hot straight from the oven. The oysters are angels and prunes or mushrooms devils on horseback.

Bacon Hot-pot

1½lb. of potatoes cut into slices	Pinch of thyme or sage
2 medium-sized onions, finely chopped	Salt and pepper
2 tablespoons of chopped parsley	A little stock
4 to 6oz. of bacon	Milk or water

Grease the cake tin or basin, arrange in it slices of potatoes, onions, bacon cut small, herbs, and seasoning, and moisten them with stock or other liquid. Bottled or fresh tomatoes make a good addition to the hot-pot. Put a plate over the basin or cover it with greased paper. Set it in the saucepan with water to reach halfway up the basin and keep the water boiling for 1½ hours.

Bacon Roll

2 cups of flour	Onion
1 cup of chopped suet	Salt
2 flat teaspoons of baking powder	Sufficient milk, or milk and water, to
Bacon	make a stiff dough
Sage leaves	

Make the dough and roll it out into an oblong shape on a floured board. Arrange rashers of lean bacon on the crust and sprinkle them with powdered sage and finely chopped onion, using quantities according to taste. Roll up the crust, wrap it in a floured pudding cloth, and boil it for about 2 hours. Sprinkle the roll thickly with chopped parsley just before serving it.

This savoury dish may also be made in a pudding basin. Cut rounds of crust of varying sizes, put the smallest in the bottom of a well-greased basin, spread it with bacon, onion, sage, and seasoning, and add the other rounds, alternating with bacon and other ingredients. Cover the basin with greased paper and steam the dish for 2½ hours.

Bacon and Potato Salad

6 new potatoes	3 tablespoons of vinegar
4 rashers of bacon	1 tablespoon of chopped spring onions
2 tablespoons of meat stock	Salt and cayenne pepper

Boil the potatoes, peel them while they are hot, cut them in thin slices, pour the vinegar over them, season them with salt and pepper, and add the onions. Cut the bacon into $\frac{1}{2}$ in. squares and fry it in a dry pan. Add the bacon to the potatoes and pour the heated meat stock over them, tossing the salad with two forks to combine the ingredients. Serve it with thin slices of buttered brown bread.

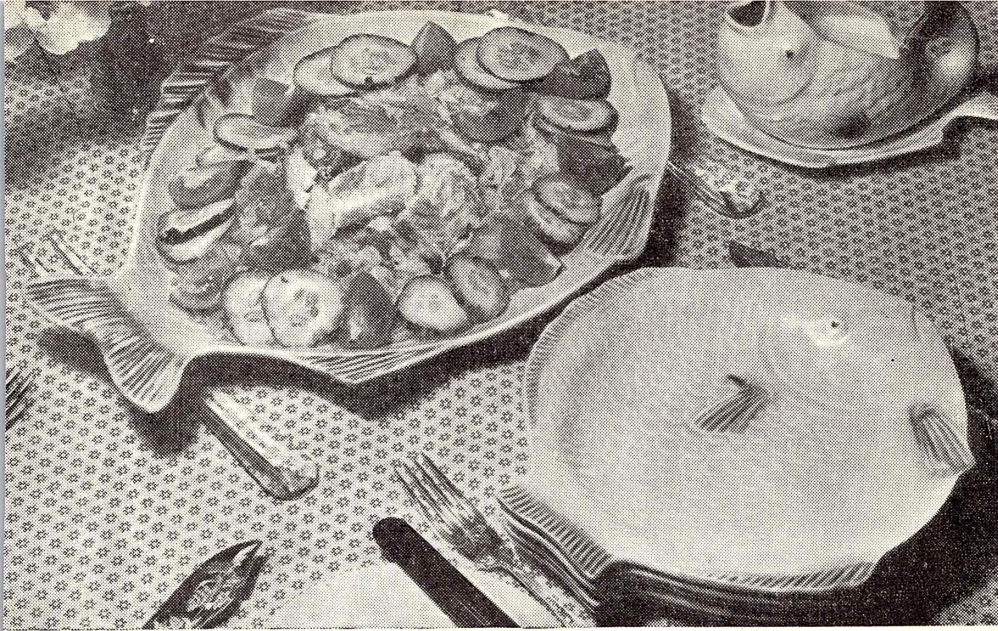
Bacon for Dinner

Boiled bacon, hot or cold, makes a pleasant change for dinner, and it is excellent served cold with tongue or poultry. It is often useful for smaller families who might find a ham too much for their needs.

Place the piece of bacon in a saucepan with enough cold unsalted water to cover it. Bring the water to the boil and then reduce the heat to just sufficient to keep the water simmering gently. Allow 25 minutes for each 1 lb. of bacon and 25 minutes more. Take the bacon out of the liquor and remove the rind. If the meat is to be served hot, sprinkle the fat with crisp breadcrumbs and serve it at once with parsley or mustard sauce; if the bacon is required for cold meals, return it to the liquor until it is cold.

Bacon Olives

Remove the rind from thin slices of bacon. Place dessertspoonfuls of well-seasoned, cooked, minced meat on pieces of bacon and roll the bacon round them. Fix them on skewers or with a toothpick. Grill or bake them until the bacon is cooked and the meat heated through.



7—Appetising Fish Meals

IN country districts fish meals are usually possible only after a trip to town shops, the visit of a travelling fish vendor, or a successful fishing expedition. Because of its infrequent inclusion in the menu, particularly in the more isolated inland districts, many country housewives have not a great variety of methods of cooking it. Fried fish is certainly popular, but there are other ways of serving appetising fish meals.

As the freshness of fish is most important, it is essential to know the points to examine when selecting it. When fish is stale it is limp, the eyes are grey and sunken, the scales are dull, and the flesh may have a transparent appearance; very stale fish has a most unpleasant smell. Fresh fish has a fresh, salty odour and is firm and slippery, with bright, shining scales. The flesh is clear and white and the eyes are bright and protrude slightly.

Though fish bought at a shop or van is almost always cleaned and at least partially prepared for cooking, it often needs some further attention before it is cooked. Scrape off any remaining scales and the black skin from the inside and make sure that no blood is left in the backbone. If the tail and fins need to be taken off, a pair of scissors will do the job more easily and quickly than a knife.

To fillet fish take a sharp knife and make a long, straight cut down the back; then, starting at the head end, make broad cuts against the backbone down to the tail end, thus removing the flesh from half of one side. Turn the fish round and finish cutting the fillet from the other half in the same way, then turn the fish over and cut off the second fillet. A large fish may be filleted in four separate pieces by

making a cut through to the centre of the backbone on either side of the fish.

Flat fish (flounder or sole) has a better appearance on the table if the dark skin of the upper side is removed. Make a cross cut just above the tail, slip the point of the knife under the skin, and loosen a flap. Dip the fingers in salt so that the loosened skin can be grasped more easily and work the thumb up between skin and flesh on both sides of the fish to free the edges. Grasp the loose flap of skin, pull it firmly away from the tail end, and the skin will come off in one piece.

If the fish has just been caught and has to be cleaned, cut off the fins and the head, then, holding the fish by the tail, take off the scales with the back of a short, heavy knife blade, scraping from the tail toward the head. Cut off the tail, make a slit in the underside of the belly, and remove the entrails. Wash the fish thoroughly in salted water, then finish the preparation as already described.

Methods of Frying Fish

According to the size and kind of fish, it may be fried whole, in fillets, or in steaks. Deep or shallow fat can be used and the pieces of fish should be dipped in flour or oatmeal, and coated with egg and breadcrumbs, or crushed flaked cereals, or covered with batter. The various coatings retain the flavour and moistness of the fish and also prevent the fat soaking in during the frying.

To prepare fish for frying wipe the pieces with a damp cloth. Dip the pieces into flour, ready seasoned with salt and pepper. Beat 1 egg lightly with 1 tablespoon of cold water and pour the mixture into a shallow dish or a plate; have ready sufficient crisp, dried breadcrumbs on paper, a board, or another dish. Dip the fish into the egg mixture and coat both sides, lay it in the breadcrumbs, and sprinkle it thickly on the upper side. Lift the fish on a fork, letting any surplus crumbs fall off, and put it at once into smoking hot fat. Soft breadcrumbs, crushed flaked cereal, oatmeal, or small rolled oats may be used instead of crisp breadcrumbs. When eggs are scarce the floured fish may be dipped in milk instead of the egg mixture if oatmeal or cereal is used for coating.

For frying in batter the floured fish should be dipped into the prepared mixture, lifted with a skewer or fork, and allowed to drain a little before being lowered gently into the hot fat.

Smoked Fish

Smoked fish of any kind can be boiled in water or milk or grilled. Usually the skin and bones can be removed easily before cooking. Cut the skinned fish into portions and put them into a shallow pan. Pour in milk and bring it to boiling point slowly and hold it at this temperature for 1 or 2 minutes. Remove the fish, thicken the milk with flour or cornflour, and cook and pour the sauce over the fish. For variety chopped parsley or chives can be added to the sauce.

Pickled or Soused Fish

Oily fish like trout or mullet is very good when pickled or soured. Clean the fish and cut it into neat pieces. Lay it in a piedish with some pickling spices to taste, say, a few peppercorns, two or three cloves, whole allspice, and one or two chillies. Sprinkle it with salt and pepper and barely cover it with vinegar. Cover the dish with a plate or greased paper and cook the fish gently until it is tender. Serve it cold with salad.

Baked Trevalli

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|------------------------|------------------|
| 1 trevalli | 1 teacup of milk |
| 1 tablespoon of butter | Pepper and salt |

Scale the fish and cut off its fins, but do not remove the head. Put the fish, dark side down, into a flat baking dish or meat tin. Season the fish and pour the milk over it. Put the butter in small pieces over the fish and cook it in a fairly hot oven for 10 to 15 minutes. Baste the fish with the milk and the butter two or three times while it is cooking. When the fish leaves the bone it is cooked. Lift it out on to a hot dish and pour the gravy over it. If the fish is large, cut it, before it is cooked, into pieces that are a suitable size for serving. Use a pair of kitchen scissors or a large knife to cut through the bone. Brill, plaice, turbot, butterfish, sole, and flounder can be cooked by this method also.

Fish Balls

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|---|--|
| $\frac{1}{2}$ cup of cooked flaked fish | A shake of pepper |
| 1 cup of hot mashed potatoes | 1 egg ($\frac{1}{2}$ for fish-ball mixture and $\frac{1}{2}$ for coating) |
| 1 teaspoon of melted fat | 1 tablespoon of water, breadcrumbs (for coating) |
| $\frac{1}{2}$ teaspoon of onion juice | |
| $\frac{1}{4}$ teaspoon of salt | |

Mix the ingredients in the order given, using only half the egg, and beat the mixture thoroughly. Cool the mixture and shape it into balls. Dip these into fine breadcrumbs, then into the egg and water mixture (half an egg diluted with 1 tablespoon of water), and then into the breadcrumbs again. Stand the balls in a cool place for $\frac{1}{2}$ hour and then fry them in deep fat at 385 degrees F. until they are golden brown. Serve the fish balls with tomato sauce or slices of lemon.

Celery and Fish Casserole

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|--|-----------------------------------|
| $\frac{1}{2}$ lb. of fish (groper, cod, moki, or tarakihi) | $\frac{1}{2}$ cup of tomato puree |
| $\frac{1}{2}$ head of celery | 1 teaspoon of salt |
| 3 tablespoons of butter | $\frac{1}{4}$ teaspoon of pepper |
| $\frac{1}{2}$ cup of water | $\frac{1}{2}$ cup of breadcrumbs |
| | 3 tablespoons of flour |

Steam the fish and when it is cooked flake it and remove the bones. Wash the celery, cut it into small pieces, and cook it until it is tender. Make a tomato sauce as follows: Melt the butter in a saucepan and add to it the flour, salt, and pepper. Mix these to a smooth paste and cook them for 1 to 2 minutes. Add about two-thirds of the water to the paste, mix it in well, and return the saucepan to the heat until the mixture begins to thicken. Add to the

mixture the rest of the water and about a third of the tomato puree and mix the ingredients until they become a smooth paste. Finally add the rest of the tomato puree and heat the sauce until it boils. Cook it for a few minutes.

Place the flaked fish and the cooked celery in a casserole and pour the tomato sauce over them. Cover the top of the dish with breadcrumbs which have been fried in butter very lightly but not enough to brown them. Bake the casserole in the oven at 350 degrees F. until the contents are brown and heated through (15 to 20 minutes).

Crayfish, Shrimp, or Prawn Curry

4 cups of the fish to be used (cooked and cut up)	2½ teaspoons of curry powder
6 cups of cooked rice (1½ cups raw)	1¼ teaspoons of salt
1 cup of boiling water	1½ teaspoons of sugar
5 tablespoons of butter	¼ teaspoon of ground ginger
½ cup of finely chopped onion	2 cups of milk
6 tablespoons of flour	1 teaspoon of lemon juice

Melt the butter, add the onion, and cook it gently until it is tender. Add the next five ingredients, and then slowly stir in the milk and water. Cook the mixture over boiling water, and stir it occasionally until it has thickened. Add fish and lemon juice, and reheat. Serve the curry, surrounded by rice, on a large dish.

Fish Cakes

Salmon cakes were once a favourite way of serving this fish, but now that it is available only rarely, trevalli, kahawai, mullet, or snapper can be used instead. If there are some cooked mashed potatoes in the larder, these fish cakes provide a good addition to a meal.

1 tin of fish drained of juices	2 cups of mashed potatoes
1 egg, slightly beaten	Salt and pepper if required
1 dessertspoon of chopped parsley	

Mix the ingredients and form them into flat, round cakes or balls. Roll them in flour or crisp breadcrumbs and fry them in deep, smoking-hot fat for 3 to 5 minutes. Drain them on soft paper and serve them at once with lemon slices and parsley garnishing.

Fish and Cheese Pie

Boil 10 medium-sized potatoes and steam 1lb. of fish over them. When the potatoes are cooked peel them and slice them thickly. Remove the fish bones and skin. Grate 4 tablespoons of cheese. Grease a piedish or casserole and put in thick layers of potatoes (with a little fat), then fish, cheese, and milk, seasoned with mustard, pepper, and salt. Bake the pie in a moderate oven until it is hot through and brown on top. Left-over mashed potato may be used instead of fresh potatoes, and also left-over cooked fish.

Fish Croquettes and Asparagus

1lb. of cooked fish	1 dessertspoon of chopped parsley
Soft breadcrumbs	Milk
2 teaspoons of lemon juice	Fat for frying
½ teaspoon of grated onion	Salt and pepper
2 beaten eggs	

Flake the fish and remove bones, skin, and discoloured portions. Put the fish into a basin, add seasoning, grated onion, parsley, and $\frac{1}{4}$ cup of soft breadcrumbs, and mix them well with one beaten egg. Spread the mixture on a plate, divide it into portions, and shape them into round, flat cakes with floured hands. Dip each cake into the second beaten egg mixed with a little milk, salt, and pepper. Roll the cakes in breadcrumbs and fry them in deep, hot fat until they are a delicate brown. Drain them on soft, crumpled paper and arrange them down the centre of a hot dish. Put a slice of uncooked tomato garnished with a sprig of parsley on each croquette. On either side of the croquettes lay hot, cooked asparagus in bundles. Pour a little tartare sauce over the asparagus.

Curry Sauce (Basic Recipe)

1 oz. of butter	3 level dessertspoons of cornflour
$\frac{3}{4}$ pint of stock or water	1 medium onion, sliced thinly
1 to $1\frac{1}{2}$ teaspoons of curry powder	1 small apple, diced
1 teaspoon of chutney	1 teaspoon of sugar
1 tablespoon of cream	1 teaspoon of lemon juice

Melt the butter in a frying-pan or heavy saucepan and fry the apple and onion until the onion is pale gold but still crisp. Add the curry, chutney, and cornflour mixed with a little of the stock, mix it well, add the remaining stock, season with salt and pepper, and simmer the sauce for 20 to 30 minutes, stirring it occasionally. Just before serving the mixture add sugar, lemon juice, and cream. The amounts of curry powder, chutney and lemon juice are varied to taste.

Fish Curry

Add $\frac{1}{2}$ to $\frac{3}{4}$ lb. of flaked cooked fish to the basic sauce (given above) after it has simmered for 20 minutes, and continue the cooking until the fish is heated through. Use milk and fish stock, or all milk, for the liquid, and serve the curry garnished with lemon slices and, if desired, slices of hard-boiled eggs.

Fish Custards

1 cup of cooked smoked fish	Pepper
1 tablespoon of chopped parsley	Salt if necessary
1 teaspoon of finely-minced onion or onion juice	2 eggs
	1 cup of milk

Flake the fish, remove the bones, and add the parsley, onion, and seasoning. Beat the eggs well, add the milk, and stir in the fish mixture. Pour the mixture into individual greased custard dishes and bake it in a moderately slow oven until set ($\frac{1}{2}$ to $\frac{3}{4}$ hour at 350 degrees F.).

Fish Envelope

A fish envelope takes a little longer to prepare, but is such a useful dish that the recipe is worth including.

1 tin of fish	3 tablespoons of soft breadcrumbs
Tomatoes—3 fresh, skinned, and sliced, or 1 cup of preserved, drained quarters	Salt and pepper to taste
	2 teaspoons of lemon juice
	Pastry

Flake the fish and mix it with the tomatoes, lemon juice, bread-crumbs, and seasonings. Roll the pastry into an oblong about 10in. by 12in. Put the fish filling in the centre, wet the edges of the pastry, and fold it into an envelope shape by taking the short sides to the middle first. Short pastry made with dripping or lard is the kind to use for a fish envelope.

Kedgerree

3 tablespoons of fat
1 cup of cooked rice
1 cup of cooked fish

1 hard-boiled egg
Pepper, salt, and nutmeg as desired

Melt the fat and add the rice and fish. Season them and add the roughly chopped egg white. When the mixture is hot pile it into a hot dish and garnish it with the sieved egg yolk and lemon slices. These quantities make 4 servings.

Fish Pancakes

4oz. flour
1 cup No. 3 white sauce
Tomato or Worcestershire sauce
 $\frac{1}{2}$ pint milk
Pinch salt

2 eggs
Cooked flaked fish
Anchovy
Seasoning

Sift flour and salt. Stir in beaten eggs and milk till smooth. Let batter stand. Make 1 cup No. 3 white sauce and mix with flaked cooked fish, fresh or tinned, well-seasoned and flavoured with a tasty sauce.

Fry the batter in thin pancakes on a lightly-greased pan. Spread each pancake with hot fish filling, roll up, and serve hot with parsley and thin slices of lemon.

Fish Souffle

$\frac{3}{4}$ cup of cooked flaked fish
3 eggs

A shake of pepper
1 cup of No. 3 white sauce

Separate the yolks and the whites of the eggs. Beat the yolks until they are thick and lemon-coloured and add the beaten yolk to the cooled white sauce. Add the fish to the sauce and egg yolk and then fold the mixture into the stiffly beaten egg whites. Pour the souffle into an ungreased dish and then stand the dish in a pan of hot water and bake in a moderately slow oven at 350 degrees F. for 45 to 60 minutes.

Tasty Fish Pie

Mashed potatoes
1 to 2 cups No. 2 white sauce
Seasoning

Cooked flaked fish
Tomatoes or tomato pulp if possible

Spread a layer of potatoes mashed with milk, dripping, and seasoning in the bottom of a greased dish, then put a layer of flaked cooked and boned fish mixed with tomato if available. Cover with white sauce and top with more potato or breadcrumbs mixed with melted dripping. Bake brown.

Whitebait Fritters

2 eggs	1½ teaspoons of baking powder
1 teacup of milk	1 breakfast cup of flour
1 tablespoon of butter (melted)	Salt and pepper

Separate the whites from the yolks of the eggs. Add the milk and the flour alternately to the well-beaten egg yolks and beat the mixture well. Add the melted butter. Stir the baking powder into the mixture and fold into it the stiffly beaten whites of the eggs.

Put the whitebait into a strainer or colander and wash them carefully. Turn them out on to a clean cloth, moving the whitebait along the cloth until they are free from water. Fold the whitebait lightly into the batter.

Put the batter by spoonfuls into hot fat and fry the fritters on both sides until they are golden brown. Drain the fritters on soft paper and serve them decorated with parsley and sliced lemon.

EELS

Selection, Preparation, and Cooking

Points to observe in the selection, preparation, and cooking of eels are:—

1. Use eels from clear streams or the flesh may have a muddy flavour.
2. Select a method of cooking that will add to the flavour, as the flesh may be somewhat insipid. This would be advisable when introducing eel dishes to the menu, as it would disguise the "different" flavour.
3. As eel flesh is oily, use an acid food such as lemon juice or tomato as part of the main dish, in a sauce, or served with the fish.
4. If frying eel, be sure the fat is sufficiently hot for cooking and drain the cooked fish well.
5. Servings should be relatively small, as the food is rich. Serve with slices of lemon.
6. The fish should be skinned before use, the following method being recommended.

Skinning

Immerse the eel in scalding water for 5 minutes. (When scalding the eel be very careful, as the eel retains its reflex actions for some time after death and will probably jerk and splash the water. It is often wiser to scald it in a tin or bucket and to use a heavy wooden lid or piece of board. Place the eel in the bucket and the board on top, leaving an opening to pour in the water. Close the gap immediately.) Allow the eel to cool a little and then remove the skin as follows:—

Gut the eel, make a hole through the tail, and hang the eel on a nail or hook. Then with a sharp knife cut the skin round the eel below the nail hole. Grip the skin on either side at the cut edge and remove it with a quick, downward pull. If a piece of burlap or sugar bag is used, a better grip is obtained.

Baked Eel

Split the eel after skinning it, remove the backbone, and cut the flesh into convenient lengths. Place the flesh in a baking dish. Pour over it 1 egg well beaten and mixed with a cup of milk. Sprinkle breadcrumbs on top of the mixture and bake until it is golden brown. Serve with green peas and lemon slices.

Curried Eel

1lb. of cooked eel
1oz. of curry powder
1 apple
1 lemon
A little butter or fat

1 onion
1oz. of flour
1 pint of fish stock
Salt to taste

Chop the apple and onion finely and mix them. Melt the fat in a pan and fry the mixed onion and apple lightly. Add the curry powder and the flour. Cook lightly, then stir in the fish stock slowly to prevent lumps from forming. Add the lemon juice and salt and bring the mixture to the boil. Simmer for $\frac{1}{2}$ hour. Strain the gravy and return it to the pan. Add the fish cut into dice and simmer it gently for a few minutes. Serve at once with boiled rice. (If rice is not available, boiled macaroni is a suitable substitute.)

Eel with Tomatoes

Eel with tomatoes is a very suitable way of using fillets from a large fish.

Butter a pie dish or casserole and fill it with fillets of eel and slices of tomato in alternate layers. (Onion may be added if desired.) Lightly pepper and salt each layer. Cover the top with fine breadcrumbs and put little dabs of butter over it.

Bake in a moderate oven (325 degrees F.) for 45 minutes.

Mock Whitebait

Shred the flesh of an eel. Dust with sufficient flour to separate the pieces. Cook the shreds in batter for several minutes in a hot pan. Serve with sliced lemon.

Roast Eel

Cut the eel into steaks 1in. thick and place on a cake cooler in a roasting dish. Place in a moderate oven (325 degrees F.) and cook for 2 hours. Serve with lemon and mint, lemon and parsley, tomato, or mayonnaise sauce, which can be made as follows:—

Lemon and Mint

1 tablespoon of chopped mint
1 teaspoon of sugar

Juice of two lemons
Pinch of salt, shake of pepper

Put the mint in a jug. Add sugar, salt, and pepper. Cover with boiling water. Leave to cool. Add the lemon juice just before serving.

Lemon and Parsley

Prepare the lemon and mint sauce and add 2 tablespoons of chopped parsley.

Tomato Sauce

$\frac{3}{4}$ lb. of tomatoes	2 onions
1 carrot	2 oz. of butter or dripping
$\frac{1}{4}$ pint of stock or water	1 teaspoon of arrowroot or cornflour
$\frac{1}{4}$ teaspoon of mixed herbs	

Melt the fat. Add the chopped onion, mixed herbs, chopped carrot, stock, and cut tomatoes. Cook for $\frac{1}{2}$ hour. Put through a sieve. Thicken with arrowroot mixed to a smooth paste with stock. Add salt and pepper to taste.

Mayonnaise

$\frac{1}{2}$ teaspoon of mustard	1 egg yolk
1 teaspoon of salt	1 tablespoon of lemon juice
1 teaspoon of sugar	1 tablespoon of vinegar
Cayenne pepper to taste	1 cup of vegetable oil

Mix the dry ingredients, add the egg yolk, and when it is well beaten add $\frac{1}{2}$ teaspoon of vinegar. Add olive oil, drop by drop, beating constantly until the mixture becomes thick and smooth; then add the lemon juice and the vinegar alternately with the oil until all is used, beating the mixture constantly.

Stewed Eel

$1\frac{1}{2}$ lb. of eel	1 onion
2 cups of stock	2 or 3 cloves
$\frac{1}{2}$ lemon	

Wash the eel and cut it into pieces 2 or 3 in. long. Dredge with flour, pepper, and salt. Have the stock boiling, add the eel, onion, cloves, and a piece of lemon peel, and simmer the mixture for $\frac{1}{2}$ hour or more. Take out the fish and strain the gravy. Return the gravy to the pan, thicken it with flour, and boil it for 2 or 3 minutes. Chopped parsley may be added. Add the lemon juice and the fish. Heat through thoroughly again and serve.

Soused Eel

2 lb. of eel	$\frac{1}{2}$ teaspoon of nutmeg
2 onions	1 teaspoon of butter
$\frac{1}{2}$ teaspoon of mixed herbs	Salt and pepper to taste
Vinegar	

Cut the eel into neat pieces. Lay it in a small baking dish with finely chopped onions, the mixed herbs, nutmeg, pepper and salt, and chopped butter, and cover it with the vinegar. (If the eel is to be served hot, use half vinegar and half water.) Cover the dish and cook the eel in a moderate oven until it is tender.

The dish may be served hot or cold.

Shell-fish



CRAYFISH

Crayfish Cocktail

2 small crayfish
1 cup of tomato sauce
Lemon slices

1 tablespoon of Worcestershire sauce
Parsley

Remove the flesh from the crayfish, cut it into long, narrow pieces, and place them in glasses or a round bowl. Mix the Worcestershire and tomato sauces and cover the crayfish pieces with them. Serve the cocktail with slices of lemon and sprigs of parsley.

Curried Crayfish

1 medium-sized crayfish
1 onion
 $\frac{1}{2}$ tablespoon of curry powder
Salt and pepper to taste

2oz of butter or fat
 $\frac{1}{2}$ tablespoon of flour
1 pint of milk

Remove the flesh from the crayfish and cut it into pieces. Mince the onion and cook it in the fat until it is soft but not brown. Add the flour, curry powder, salt, and pepper. Mix them smoothly and then add the milk gradually. Cook the mixture until it is smooth and thick. Add the cut-up crayfish flesh and stir the curry over heat until it almost starts to boil. Serve it with plain boiled rice. (Six servings.)

A pinch of cayenne pepper or the grated rind of $\frac{1}{2}$ lemon and 2 tablespoons of juice may be added.

Crayfish Fritters

2lb. of crayfish flesh cut into pieces
1 cup of flour
 $\frac{1}{2}$ teaspoon of sugar
1 egg

2 tablespoons of butter
1 teaspoon of baking powder
 $\frac{1}{2}$ teaspoon of salt

Make a batter by sifting the dry ingredients into a bowl, adding the egg, melted butter, and 1 cup of water, and beating them together until the mixture is smooth. Dip the pieces of crayfish into the batter and coat them thoroughly. Fry the crayfish in deep, hot fat until it is golden brown, drain it on crumpled paper, and serve it hot or cold with wedges of lemon.

Crayfish a la Newburg

4 tablespoons of butter or fat
1 tablespoon of flour
2 cups of crayfish meat
 $\frac{1}{2}$ teaspoon of salt

Pepper and a pinch of cayenne pepper
 $\frac{1}{2}$ cup of top milk
2 egg yolks beaten in $\frac{1}{2}$ cup of milk
Lemon juice

Melt the fat and add the flour, stirring until it is smooth. Add the crayfish, salt, pepper, cayenne pepper, and top milk. When the mixture is smooth and thick gradually add the beaten egg yolks, stirring constantly. Add lemon juice to flavour and serve the crayfish on toast. (Six servings.)

Scalloped Crayfish and Eggs

4 hard-boiled eggs, sliced	1 tablespoon of chopped parsley
2 cups of medium white sauce	$\frac{1}{2}$ cup of breadcrumbs
1 cup of crayfish flesh	

Combine the egg slices, crayfish, parsley, and white sauce. Pour the mixture into a greased casserole or pie dish, cover it with breadcrumbs, and bake it in a hot oven (400 degrees) until the crumbs are brown—about 15 minutes. (Four servings.)

Scalloped Lobster or Lobster au Gratin

4 cups of lobster cut into cubes	2 cups of medium white sauce
Buttered breadcrumbs	

Grease a baking dish and fill it with alternate layers of lobster and white sauce, finishing with a layer of white sauce. Sprinkle the top thickly with buttered breadcrumbs. Bake the dish at 400 degrees F. until the sauce starts to bubble and the crumbs are browned. (Au gratin dishes are those covered with white sauce and sprinkled with breadcrumbs.)

Crayfish Thermidor

2 cups of medium white sauce	1 large crayfish
1 tablespoon of chopped parsley	Salt, pepper, and paprika (red pepper)

Remove the soft underskin on the tail of the crayfish. Remove the flesh and wash it in cold water. Wash the shell under cold running water. Heat the flesh in the white sauce. Add the parsley and salt and pepper to taste. When the mixture is hot fill the shell with it. Sprinkle paprika on top and brown it in the oven. (Six to eight servings.)

This recipe may be varied by adding chopped onion to the filling mixture; using chives instead of parsley; using small crayfish instead of a large one, each crayfish then making an individual serving; or adding 2 tablespoons of grated cheese to the mixture.

MUSSELS

Mussels can be opened by placing them in boiling water.

Curried Mussels

2 dozen mussels	$\frac{1}{2}$ tablespoon of flour
2 onions	2 tablespoons of butter
$\frac{1}{2}$ tablespoon of curry	Salt and pepper

Melt the butter, add the sliced onions, and cook them gently until they are golden brown. Add the flour, curry, and sufficient water to mix them smoothly. Add the mussels and, if necessary, more water until the mussels are just covered. Season the curry and cook it slowly for 30 minutes.

Fried Mussels

Allow 5 mussels per serving. Beat an egg lightly and mix it with an equal quantity of water. Roll the mussels in oatmeal, then in the egg mixture, and then in oatmeal again. Fry them in deep fat, drain them on absorbent paper, and serve them with Worcestershire sauce.

Fricassee of Mussels

8 mussels
1 tablespoon of fat
1 wineglass of white wine
1oz. of flour
 $\frac{1}{2}$ pint of fish stock

2 tablespoons of top milk
Juice of an orange
Pinch of mace
Salt and pepper

Melt the fat and blend the flour with it. Add the fish stock gradually, stirring to prevent lumps, then add mace, salt, and pepper to taste. Cook the mixture until it is thick, then add the top milk and wine. Put in the mussels and simmer them for 10 to 15 minutes. Stir in the strained orange juice, and serve the fricassee immediately. (Four to six servings.)

Mussel and Carrot Salad

2 mussels, cooked
1 small carrot
1 small onion

1 lettuce leaf
2 tablespoons of shredded cabbage
1 tablespoon of mayonnaise

Grate the carrot and chop the onion and mussels finely. Mix them with the mayonnaise. Arrange the cabbage in the shape of a nest on the lettuce leaf and place the mussel mixture in the nest. (One serving.)

Mussel and Onion Pie

12 mussels
2 onions
1 tomato (if desired)

$\frac{1}{2}$ tablespoon of cornflour
 $\frac{1}{2}$ cup of milk
Mashed potatoes

Chop the mussels, slice the onions, and place them together in a casserole with enough water barely to cover them. Cook them slowly until the onions are tender. Strain off the liquor and thicken it with the cornflour and milk. Pour it back over the mussels and onions. Spread mashed potato over the top of the mixture and slice a tomato over the potato. Return the pie to the oven and cook it gently until the tomato slices are just tender but not wrinkled.

OYSTERS

Most oysters sold in shops are already prepared for eating, but if they are obtained in the shell, they must be opened, washed, and bearded. They can be opened by inserting a sharp knife between the shells on the valve side and cutting through.

Oysters on the Shell

Use the deeper halves of the shells. Place a single, raw, cleaned oyster on each. Serve them with lemon slices or wedges, tomato sauce, or horse-radish sauce.

Oyster Stew

1 dozen oysters and liquor	$\frac{1}{2}$ cup of milk
1 tablespoon of butter	Salt and pepper
1 tablespoon of flour	

Melt the butter and blend the flour into it. Add the milk and oyster liquor gradually, stirring the mixture over the heat until it is thick and creamy. Add salt and pepper to taste and then the whole oysters. Bring the stew quickly to the boil, stirring constantly. Lemon juice or vinegar can be added if desired. (Two or three servings.)

PAUAS**Paua Fricassee**

Remove the paua from the shell and cut away all but the tough, muscular foot. Place this on a board and with a rolling pin beat it well. Cut it through to make two slices. Fry a few slices of bacon and put them in a casserole or other oven dish with a lid. Fry the slices of fish until they are a delicate brown on both sides. Cover them with water in the frying pan and add seasoning and a blade of mace. Bring the mixture to the boil, remove the fish, and place it in the dish with the bacon, pouring the gravy over it. Put the lid on the casserole and bake the contents in a slow oven until the fish is tender (from 4 to 6 hours).

Paua Roe Patties

2 or 3 paua roes	12 pastry cases
$\frac{1}{2}$ pint of white sauce	

Carefully remove the roes from the muscle part of the fish. Simmer the roes very gently for about 10 minutes in a little milk and water, strain them, and use the liquid for a white sauce. Cut the roes into small pieces and add them to the white sauce. Put a teaspoon of the mixture into each pastry case, replace the tops of the cases, and heat the patties thoroughly in the oven.

PIPIS**Picnic Pipsis**

Pipis are usually opened by being heated in water. If they are going to be cooked later, they need not be boiled, but otherwise they are better boiled. Place them in a frying pan with just sufficient water to prevent them sticking. As the shells open, remove the pipis and allow them to cook thoroughly. Shake a little pepper over them and add a nut of butter just before serving them.

Pipi Souffle

1 cup of chopped pipis	3 tablespoons of fat
3 eggs	3 tablespoons of flour
1 cup of milk	$\frac{1}{4}$ teaspoon of salt

Make a thick sauce by melting the fat, adding the flour and cooking it until it is smooth, then adding the milk gradually, stirring to prevent lumps forming. Cook the sauce until it is thick.

Add the pipis to the white sauce and mix them thoroughly. Cool them slightly and add the beaten egg yolks. Beat the egg whites until they are stiff and fold them into the mixture. Pour the mixture into a greased baking dish, filling it not more than two-thirds. Set the dish in a pan of hot water and bake the soufflé at 350 degrees for 45 minutes to 1 hour.

TOHEROAS

Toheroas are difficult to obtain in the raw state and are rather tougher than most shellfish, so they are most often made into stew or soup, though they make rather tasty fritters if they are minced.

Raw toheroas should be warmed in water to open them so that the sand falls out, then removed to clean water and boiled. This also helps to keep them fresh.

Toheroa Fritters

6 toheroas	1 teaspoon of salt
1 cup of flour	1 egg beaten in 1½ cups of milk
1½ teaspoons of baking powder	1 tablespoon of melted fat

Batter: Sift the dry ingredients and add the egg and milk and the melted fat. Beat the ingredients only long enough to mix them; the batter should still be slightly lumpy. The recipe given for crayfish fritters may be used if it is preferred.

Mince the toheroas after washing them and add them to the batter mixture. Drop spoonfuls from a dessertspoon into shallow fat and cook them gently for 3 to 4 minutes on each side. Drain them on absorbent paper and serve them with parsley and lemon juice. (Four to six servings.)

Toheroas in Fried Potato Shells

4 medium potatoes	1 cup of white sauce (as for paua roe patties)
8 toheroas	
1 egg (hard boiled)	

Peel the potatoes thinly. Cut them in halves lengthways and scoop out some of the centre of each. Wash the cases and dry them well. Cook them in deep fat which should be smoking hot, until they are well browned. Remove the toheroas from the shells, wash them well to remove any sand, and chop them into small pieces. Mix the fish and the white of the egg, chopped up, into the hot white sauce. Fill the potato cases with the mixture. Rub the yolk of the egg through a sieve or strainer and sprinkle it over the top of the mixture.

Scrambled Toheroas

6 toheroas	1 teaspoon of butter
2 or 3 eggs	Salt and pepper

Simmer the toheroas gently in enough water to cover them until they are tender, then strain them. Beat the eggs and gradually add the liquor strained from the toheroas. Cut the toheroas into large pieces and add them. Cook the mixture over gentle heat until it is set. Add the butter, salt, and pepper, and serve it on toast. (Four servings.)

Toheroa Stew

6 toheroas	$\frac{1}{2}$ tablespoon of flour
1 onion	$\frac{1}{2}$ cup of milk
1 tablespoon of fat	Salt to taste

Melt the fat and cook the onion in it until it is tender but not brown. Add the salt, cut-up toheroas, and water to cover them. Simmer the toheroas until they are tender. Thicken the stew with the flour and milk. Green peas and young carrots make a pleasing addition. (Four servings.)

Shellfish Pie

2 or 3 dozen shellfish	$\frac{1}{2}$ cup of milk
2 cups of mashed potatoes	A little cheese
2 cups of mashed carrots	Breadcrumbs

Prepare the shellfish by scrubbing them and soaking them in salt water to remove weeds and sand. Remove the fish from the shell and put them into a greased piedish. Season the shellfish with salt and pepper and cover them with a layer of well-seasoned, mashed, or cooked sliced potatoes. On top of this place a layer of mashed carrots and sprinkle it with the grated cheese and breadcrumbs. Pour the milk into the pie and bake it in a moderate oven for $\frac{1}{2}$ hour.

SCALLOPS AND COCKLES

Though they are seldom seen in a shop, scallops are obtainable at some beaches. When they have been removed from the shells they are prepared by cutting off the beards and removing the black spots. They may then be eaten raw or used in the same ways as mussels.

Cockles are usually heated in water to remove them from their shells. Because they are small and not available elsewhere, they are more of a "picnic at the beach" treat.



CARVING OF MEAT

GOOD carving is desirable for economy. It makes the joint go further, and well-carved meat has a better flavour than that just hacked from the bone in untidy chunks. Nowadays people often prefer to carve from a side table or in the kitchen instead of at the dining table, partly because they may be inexperienced and prefer not to have their efforts watched, and also if a mishap should occur it does not ruin the appearance of the tablecloth. When the meat is carefully carved it not only goes further, but the joint will still be presentable on its second appearance. Adequate skill is developed only by long familiarity with carving; even then the carver must have some co-operation from the cook.

It is necessary to see that the joint is properly prepared before being put in the oven. A badly boned and rolled joint can prove a nightmare to the unfortunate person who has to carve it after it is cooked. If the meat is home killed the housewife herself prepares it for cooking after it has been cut from the carcass. The ribs should be separated from each other at the backbone end. A chopper is the best implement to use for this. If, however, the meat is bought, the butcher will do the preliminary preparation if what is wanted is explained to him at a time when he is not particularly rushed. In lamb, mutton, and pork, the rib joints need to be severed properly so that they may be separated easily during carving. With pork the rind needs to be cut in even channels in line with the joint; in other words, it needs to be well "scored".

It is essential to have the meat dish large enough to take the joint and the cut portions of the meat without overcrowding. Gravy and garnishes should be served separately. The table at which the carving

is being done should be firm, as it is most disconcerting to have the table wobble dangerously with every stroke of the knife. It must be remembered that carving cannot be hurried; the carver must be given time to do justice to his art.

Knives

For general carving it is usual to have one carving knife (though it is preferable to have two), a carving fork with a good guard, and a sharpening steel. The carver should make it a rule that the carving knife must not be used for any purposes but carving meat, as it cannot retain a keen cutting edge if used indiscriminately. Further, the knife must be washed separately, dried, and put away separately. This is necessary because a fine edge readily becomes pitted and nicked by coming in contact with other cutlery piled together waiting to be dried. Only if these precautions are taken can a keen cutting edge be maintained.

A good carving knife once found should be regarded as a treasured possession and treated accordingly. It should be resharpened each time before use, preferably not at the dining table. The ideal knife for meat is 10 to 12in. long and about 1in. across. It should be slightly curved towards the point and have a keen edge. Sometimes during carving the knife appears to lose its edge. This is due mostly to the blade expanding with the heat, and explains why it is advisable, if many servings have to be carved, to have a second knife so that knives can be used alternately, allowing each one to cool properly.

Sharpening

To sharpen a knife is not easy and requires practice. The steel should be held firmly in the left hand and the edge of the knife at the handle end of the blade placed almost flat against the steel. The knife should then be drawn downward with a semi-circular movement, first against the front of the steel and then against the back. The movement should be even and rapid. The knife should never be drawn across the steel or placed at an angle against the steel; both these actions will dull the fine edge. It is the properly sharpened knife that cuts, not the carver. The meat should have a smooth surface and not be frayed and unsightly.

Forks

The carving fork should be strong with long tines and a good guard. The guard should be kept up during carving, but every endeavour should be made to prevent the knife from slipping sufficiently to come in contact with the guard, because this blunts the edge.

Meat should always be carved across the grain.

Insert the carving fork in the meat in such a way that it will steady the piece during carving and yet so that the position of the fork need not be changed during the process unless it becomes absolutely necessary. The meat should be cut across the grain in straight, thin, neat slices. The angle of the knife should not be changed after the first cut has been made or slices will be uneven. As carving proceeds the meat should be kept compact, and if it has been carved well, the portion left should not be jagged and rough.

SHOULDER OF MUTTON

Some joints are more difficult to carve than others. The shoulder of mutton or lamb is a puzzle to many inexperienced carvers, but is a most satisfactory joint when cut up properly. If the joint is to do for 2 days, it is better to serve the under part of the shoulder hot; this will leave a presentable cold joint for next day.

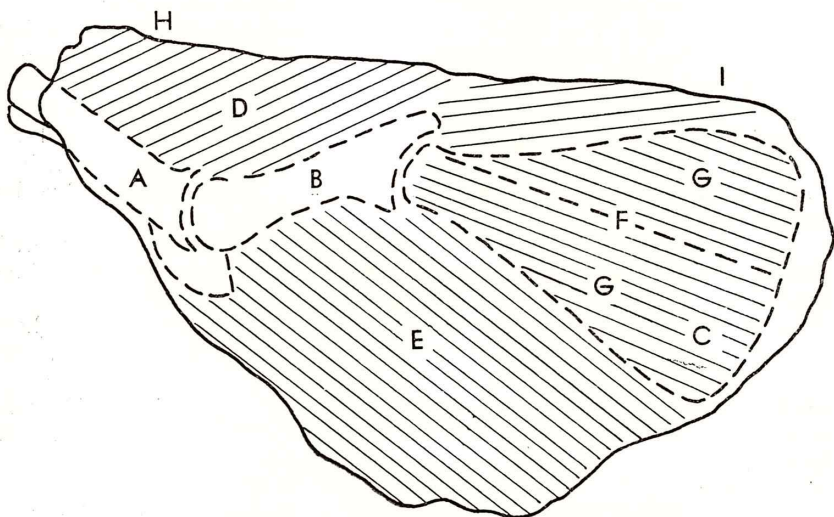


Diagram showing positions of bones in shoulder of mutton. Slices are indicated by the parallel lines.

There are three bones to deal with in the shoulder, the knuckle bone (A in diagram), the middle bone (B), and the blade bone (C). The blade bone has a small ridge (F) running along its upper surface, slightly to one side. These bones, apart from portion of the knuckle bone, are not visible till the joint is carved, but it is necessary for the carver to know where they are if he is to carve economically and distribute the lean and fat evenly.

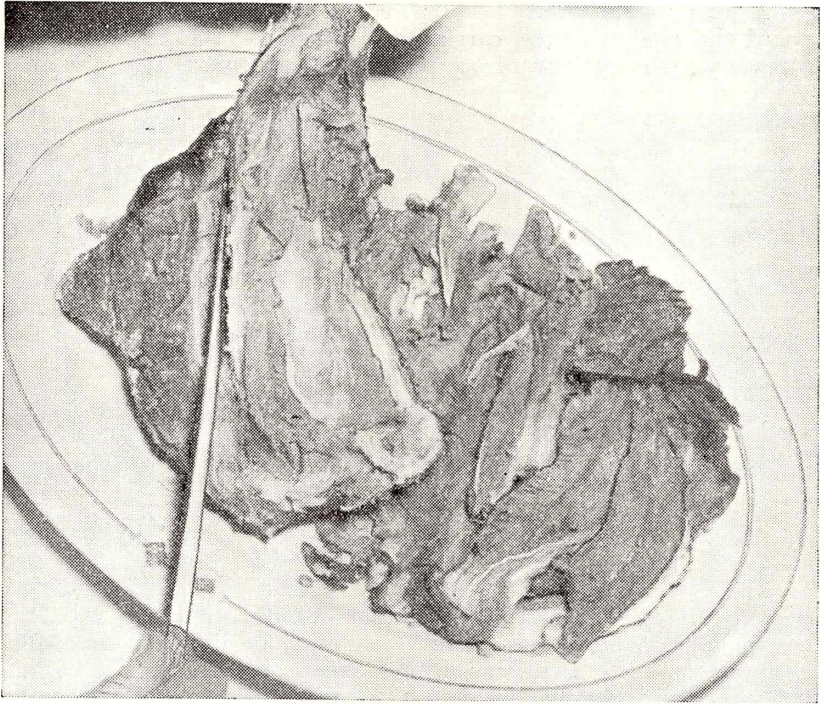
Sometimes with home-killed mutton the shoulder may be left as part of a forequarter, and then there will be ribs to deal with also. These should be separated from each other at the backbone end before cooking. After the joint is cooked the chops should be cut off first and the rest of the joint carved as suggested below.

The shoulder in the diagram is from the left side of the animal and the outside of the shoulder is uppermost.

Carving Directions

Grasp the end of the knuckle bone (A) and turn the joint so that the HI in the diagram is downward and make contact with the plate at I. Start carving slices from the meat lying between the middle bone (B) and the blade bone (C), the area E on the diagram.

Carve from the outside toward the middle bone, shaping the cuts to reach the curve made by the blade bone. Here the fat and lean are equally divided. When this meat has been removed the joint should be turned so that the broad end of the blade bone (C) is toward the carver; then slices can be cut from either side (G,G) of the ridge (F)



Carving meat from the upper side of the blade bone of a shoulder of mutton. The rounded end of the blade bone (C in diagram on previous page) has been turned toward the carver. Slices have been cut from the right side (G in diagram) of the ridge (F in diagram) and are now being cut from G on the left side of F.

of the blade bone. These slices will be shallow but lean and can be served with slices of fat cut from the outside of the shoulder (the area H).

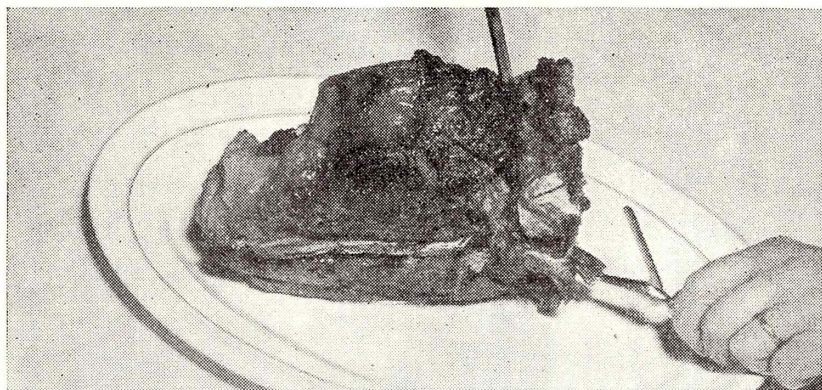
The joint should now be turned over and the lean meat cut from underneath the blade bone. This meat is carved outward with the knife held at a slant. To go with this lean meat slices of fat meat can be cut from the side of the middle bone (the area D). The directions are for a shoulder from the left side; the procedure is similar for a right shoulder except that when the joint is turned so that the side HI is downward, the outside of the shoulder faces the carver instead of the underside.

Some carvers may prefer to carve the underside of the blade bone first, the accompanying slices of fat being taken from the outer side

of the middle bone. Carving is continued by taking slices from the middle of the joint between the blade bone and middle bone and leaving the top side of the blade bone to be dealt with last.

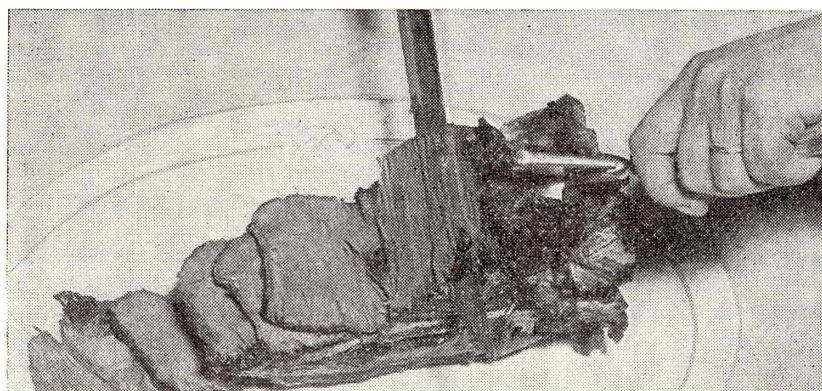
SIRLOIN OF BEEF

A joint should always be prepared in such a way that, when it is cooked and ready to serve, carving it quickly and in an appetising way is made as straightforward as possible. To achieve this aim it is



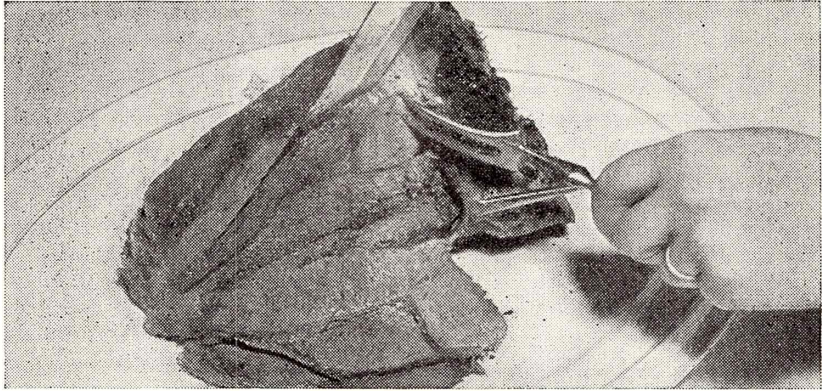
First stage of carving sirloin (with bone in). Removing the small bone at the back of the joint.

necessary in the preliminary preparation to remove, or at least saw through, certain bones so that they can easily be detached or divided at the table. For a sirloin of beef the preparation is simple; the backbone is cut through so that it is easily removed before carving.



Second stage in carving sirloin. The joint is turned on its back and the under-cut carved in slices, the knife being held at a slight slant.

The joint then presents no difficulties; the carving knife cuts straight through to the rib bone below. If the cut is made on a slight slant the edge of the knife will cut against the rib bone at the base at a slight angle, not at right angles, which would tend to blunt the knife.



Third stage in carving sirloin. The joint is turned over once more and long, thin slices are carved, beginning at the rib end and with the knife held at a slight slant. The slices are neatly removed as the edge of the knife comes in contact with the base of the joint.

Sirloin consists of the fillet or undercut and the uppercut. The nearer the rump of the carcass the sirloin is taken the more fillet it contains; the rib end has no fillet. Unfortunately near the rump the uppercut tends to be sinewy, so the most satisfactory joint is the middle cut.

Carving Directions

Remove the bone at the back. If there is a good undercut, it should be carved first. To do this turn the joint on its back, remove the fat, then carve the meat across in fairly thin slices, holding the knife on a slight angle. It is usual to serve one or two slices of undercut with each portion cut from the top side of the joint. Undercut slices should be slightly thicker than top slices.

To carve the top turn the joint over again and carve long, thin slices, beginning at the rib end with the knife on a slant as before. In this way the slices can be neatly removed, as the knife can cut right through to the bone at the base of the joint.

Avoid sticking the fork into the thick part of the meat to steady the joint. With the backbone removed the joint should be firm on the plate and the fork should be free for its proper work, which is to hold the slices of meat being carved and to help with the knife in removing them to the plate.

CARVING A FOWL

Begin carving by removing one leg. First the fork should be inserted in the centre of the leg. The skin is then carefully cut round the thigh line, the knife being placed under the thick part of the leg and a cut made toward the feet. When the connecting socket is reached the leg should be bent over and the sinew which holds it to the body of the bird should be severed. The leg should be pulled off with the fork, not cut with the knife.

The knife should then be run along the line of the wing. When the wing joint is reached the fork should be inserted to feel for the position of the connection. The wing should then be severed. When both legs and wings have been removed the point of the knife should be run along the top of the breast bone on either side so that the breast meat may be cut off. Before it can be removed in two pieces the breast bone should be cut across the front. The breast itself should be lifted slightly toward the front and the two pieces of breast meat removed by easing them away from the bone. The meat from the wishbone, which has been cut away from the breast, can be divided into two portions and served with the breast or as one portion.

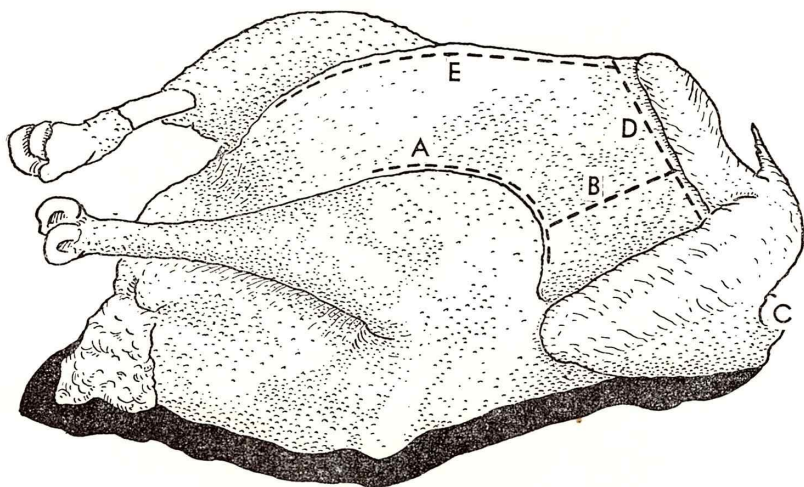
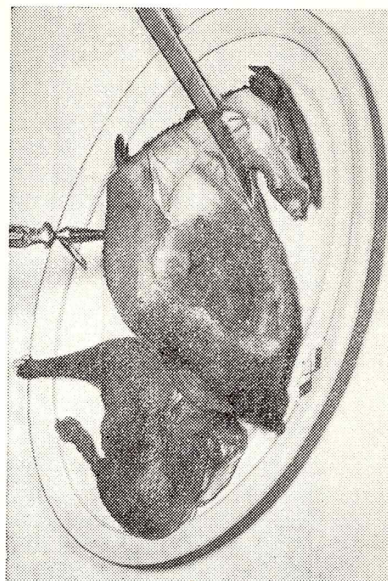


Diagram showing where cuts are made in each stage of the carving of a fowl. A, B, D are lines referred to in captions to illustrations at left and E the line referred to in the caption to the illustration below. C is the point of connection of wing and body.

If the bird is fairly heavy, with plenty of meat on the breast, the number of servings can be increased by dividing each leg at the joint and giving the drumstick with a slice of breast, and the thigh portion with part of the meat from the wishbone. Birds cooked for a family meal are usually stuffed and are often served with bacon or sausages as garnishes. This increases the number of servings.



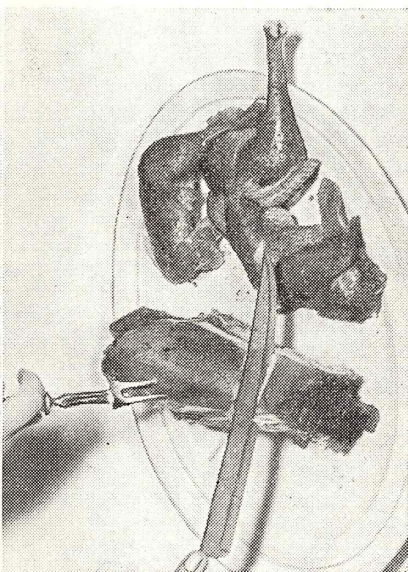
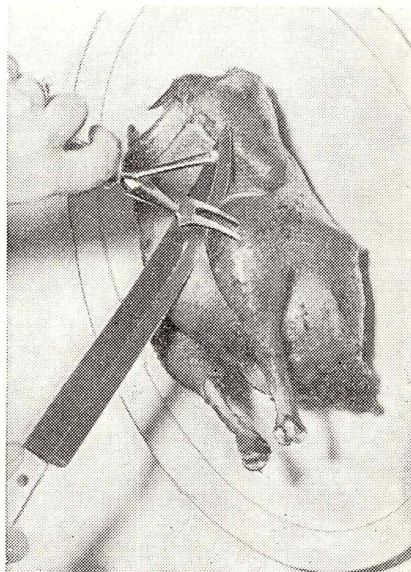
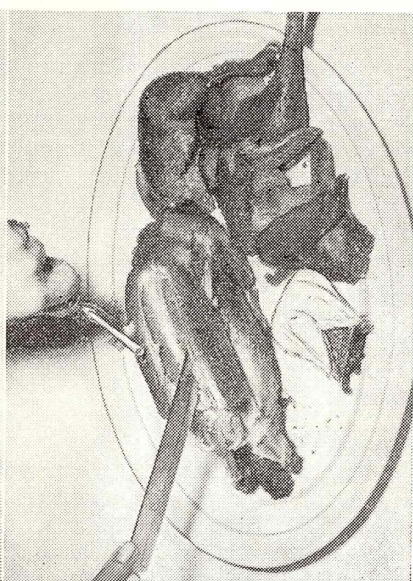
Carving a fowl. The first cut, to remove the legs, taking drumsticks and thigh muscles (line A in diagram).

After removal of the legs the wings are severed (line B in diagram).

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When legs and wings have been removed a cut is made across the ridge at the top to remove the wishbone (line D in diagram).

The point of the knife is run along the top of the breast bone (line E in diagram) to free the meat, and the two pieces of breast meat are removed by easing them away from the bone.



CUTS OF MEAT

Generally the more tender and more highly priced cuts of meat are most popular, but the cheaper cuts which are less often favoured are equally nutritious and quite appetising if when they are cooked care is taken to add flavours and to cook them slowly to make them tender. Meat is a rich source of protein and phosphorus and a fair source of iron and the B group of vitamins. It commonly forms a large part of New Zealanders' daily diet, often being used in each of the three main meals for adults. For this reason the amount of household money spent on meat alone is comparatively large. With a knowledge of the various cuts of meat the housewife is better able to serve a variety of meat dishes and yet by judicious buying to avoid spending too much on meat to the detriment of other important foods.

Standards Laid Down

In order to protect the consumer, standards have been laid down by the New Zealand Standards Institute which enable the consumer to buy the meat best suited to the purpose for which it is intended.

These standards cover both the grading of the carcass and the naming of the cuts. All carcasses of stock killed for local consumption in abattoirs and meat export works must be graded and each grade carries the markings set out on page 110.

These specifications and markings act as a guide to enable the consumer to buy the cut and grade which best suit the requirements, according to the grading stripes and by definition of the standard cuts. Other standard cuts commonly sold are:—

Veal Cutlets.—Chops cut from the loin.

Veal Soup Meat.—Neck, legs, knuckle, and shins.

Beef Roasts.—Sirloin, prime ribs, back ribs, chuck ribs, top ribs, topside, and blade or bolar steak in the piece.

Beef Pot Roasts.—Fresh brisket (on the bone), chuck rolls, topside (in the piece), blade or bolar steak (in the piece), and top ribs.

(A rolled roast is merely one of the beef cuts which has been boned and rolled.)

Corned Beef.—Silverside, brisket, or any other cut which has been corned.

Grilling Steak.—Rump steak, fillet steak, undercut, and sirloin.

Frying Steak.—Topside, blade steak, thick flank, or top rump.

Stewing Steak.—Blade or bolar, chuck, thick flank, topside, and thin and thick skirt steaks.

Neck and Breast of Mutton.—The inner and lower part of the forequarter, that is, what remains after the shoulder has been removed.

Spanish Neck.—The neck and half the forequarter.

French Cutlets.—Chops cut from the rib end of the loin with the top of the rib trimmed off.

Stewing Chops.—Cut from the neck or the forequarter.

Two Types of Cooking

As meat is mainly muscle, the different cuts vary in tenderness according to the use the muscles have had in life. For this reason different methods of cooking are applied to different cuts of meat. Generally, there are two types of cooking:—

1. Moist heat.
2. Dry heat.

All the less tender cuts of meat should be cooked by the application of moist heat; the more tender ones may be cooked by dry heat, that is, grilling, frying, or roasting. A low temperature (not above 350 degrees) is considered desirable for all meat cooking, and should a high initial temperature be necessary to produce a particular flavour as in grilling, it should be lowered as soon as possible to prevent drying and loss of flavour. Cuts which may be cooked by dry heat include tender cuts of first and second grade carcasses, for example, the following.

Beef	Mutton, lamb, and hogget	Pork	Veal
Rump	Leg	Chops	Fillets
Fillet or undercut ..	Loin	Loin	Rump steak
Sirloin	Shoulder	Crown roast	Steak
Round	Loin chops	Leg	Cutlets
Prime ribs	Rib chops	Shoulder	Loin
Wing ribs	Chump chops		
Rolled ribs	Cutlets		

Cooking Times for Roasting

Beef.—20 to 25 minutes per lb, plus 20 minutes.

Mutton, Lamb, and Hogget.—15 minutes per lb. plus 20 minutes.

Pork.—30 minutes per lb. plus 30 minutes.

Veal.—15 minutes per lb. plus 15 minutes.

Cuts which have been boned and rolled need to be cooked for a longer time. Usually the cooking time added is 10 minutes per lb. All other cuts should be cooked with moist heat, that is, pot roasting, braising, stewing, boiling, in a casserole or pressure cooker. If meat is cooked in a pressure saucepan, it is essential to cook it for the necessary time only or it may become hard, dry, and flavourless because of the higher temperature used. However, it does save time and fuel when cooking less tender cuts of meat.

All corned meat should be cooked slowly by the application of moist heat. To prevent the meat being too salt the water should not be more than warm when the meat is put into it.

Other parts of the carcass which are good eating are ox-tails, tongues, sweetbreads, brains, kidneys, liver, tripe, and heart. These are generally best cooked slowly, but liver, kidneys and brains may be fried. Of these liver and kidney are the most nutritious and liver

should be included in the menu at least once a fortnight. Mincemeat and the various sausages are prepared from carcass trimmings or from small pieces left when certain joints are cut.

GRADE MARKINGS OF CARCASSES FOR LOCAL CONSUMPTION

Class of Meat	Grade	No. of Stripes	Colour
Veal	First	1	Red
	Second	1	Violet
	Boner	2	Chocolate
Beef	First	1	Red
	Second	1	Violet
	Third	1	Yellow
Pork	First	1	Red
	Second	1	Violet
	Boner	2	Chocolate
Lamb	First	1	Red
	Second	1	Violet
(For lamb only, the grading stripes are an interrupted line to distinguish lamb from first-grade mutton)			
Hogget	First	2	Red
Mutton	First	1	Red
	Second	1	Violet
	Third	1	Yellow
	Boner	2	Chocolate

Brawns are also prepared from the trimmings and in the case of pork brawn from the cheek.

Suitable accompaniments for the various cuts of meat are as follows:—

Roast Beef.—Hot: Yorkshire pudding, horse-radish sauce. Cold: Tomato sauce or any pickle.

Corned Beef.—Hot: Mustard or mustard sauce. Cold: Mustard or relish.

Roast Veal.—Hot: Rice, mushroom, or onion sauce. Cold: Any pickle or relish.

Roast Pork.—Apple sauce, raw pineapple, or an acid sauce. Cold: Mustard or relish.

Corned Pork.—Mustard or any acid sauce.

Roast Mutton.—Hot: Mint sauce or mint jelly. Cold: Red currant jelly or mint sauce or jelly.

Boiled Mutton.—Hot: Caper, parsley, or onion sauce. Cold: Red currant jelly, mint jelly.

Grilled or Fried Steak.—Raw tomatoes, fried onions, Worcester-shire sauce.

Grilled or Fried Chops.—Raw or fried tomatoes, tomato sauce, mint sauce.

Corned Tongue.—Hot: Mustard, tomato sauce, parsley sauce. Cold: Any pickles.

METHODS OF COOKING MEAT

In country homes it is often necessary to keep sufficient meat for 2 or 3 days' supply, and a watchful eye must be kept on the safe. Especially during hot, dry weather, cracks may develop in a wooden safe through which flies can gain entrance. Meat keeps better if air circulates freely around it, so it is best stored by being hung in large pieces from hooks in the roof of the safe, or by being laid on wire racks such as cake coolers. If meat is put on a solid shelf or on dishes, the juices collect underneath, rapidly develop an unpleasant smell, and taint the meat. The exact length of time for which meat can be kept in a safe cannot be stated, for the weather is the chief factor.

When meat is home killed the neck pieces, chops, and shoulder joints should be used first, as they do not keep as well as the hicker leg joints, which are, in fact, improved by being hung for a while.

The liver of home-killed meat is often discarded, but as liver is one of the best sources of iron and vitamins an effort to use it for the family meals is worth while. Unfortunately it does not keep well and must be used as soon as possible. If the heart, brains, and sweetbreads are required, they also must be used quickly, as the keeping qualities of these organs are very low. Kidneys, if left in their coverings of fat, will keep fresh for a few days if the weather is cool. Chops keep better if they are not cut apart until just before they are to be cooked. Bought meat should be removed from its wrappings before being put away.

A refrigerator provides the ideal place for keeping meat in the household, but meat will not keep indefinitely even in a refrigerator. Raw meat should be placed uncovered in the coolest part of the refrigerator. Cooked meat is better covered for storage in a refrigerator, and should be cooled to room temperature before it is placed in it.

If a refrigerator is not available, only smaller supplies of meat can be kept on hand. Home-killed meat may be out of the question for a small farm family because of the difficulties of keeping it, particularly in warm weather. Some people overcome this by co-operating with neighbours and sharing the meat, or by preserving some of it.

Meat should not be washed, for the water dissolves out some protein, minerals, and flavouring. If meat appears to need cleaning, the surface may be wiped with a damp cloth; a little vinegar may be added to the water used for dampening the cloth.

Effects of Cooking Meat

Meat cookery is often regarded as simple, but good meat cookery is really an art. The whole aim is to improve the appearance and palatability of the food, but poor cooking methods and faulty timing can ruin meat and make it uninteresting and indigestible.

Heat changes the colour of raw meat, giving it a more appetising appearance. The proteins of the meat are coagulated (just as egg white "sets" when it is cooked), and the connective tissues are softened, making the meat more tender. Flavour is developed by cooking, and particularly by methods which brown the surfaces of the pieces. Cooking reduces the risk of infection by destroying any bacteria or parasites present in the meat, though that does not mean that there should be any relaxation of the precautions taken to have meat treated under the most sanitary conditions, from the time it is killed until its appearance on the dining table.

Cooking for too long with dry heat will make meat dry and cause excessive shrinkage because of the loss of fat and water. Meat cooked by any method at too high a temperature will be toughened. Once protein has been toughened by overheating it is difficult to digest and cannot be made tender again.

Left-over meat to be reheated should be protected from direct heat by a layer of potato, pastry, or batter, and it should not be re-cooked. All that is required is sufficient heat to cook the covering layer and raise the meat inside to serving temperature. Left-over meat dishes tend to lack flavour, so they should be well seasoned. Planning to cook the correct quantity of meat for a meal is better than having to use left-over meat too frequently.

Cooking Tender Meats

Tender meat may be cooked by dry heat—that is by grilling, pan broiling (dry frying), or roasting. It is desirable to change the colour of the meat and to develop flavour without causing too much shrinkage or loss of juiciness. Thus, though a high temperature may be used at first to brown the surface in all these methods, cooking must be finished at a lower temperature to allow time for the heat to penetrate to the centre of the piece without overcooking the outside.

Grilling or Broiling

Only the most tender cuts are suitable for grilling. The meat is cut thick—from 1 to 2½ in.—as thin pieces are most difficult to broil satisfactorily. The meat is exposed on a rack to direct heat over a fire of clear embers or under an electric griller. The griller should be hot before the meat is placed under it. Until both sides of the meat are browned a high temperature is used; then the temperature is reduced, or the meat is placed further from the source of heat until the piece is cooked through. Turning is done with a spatula or knife, not with a fork, for piercing the lean meat with a fork allows juice to escape. The time required for cooking depends on the thickness of the meat and on the temperature, and varies from 10 to 20 minutes

for each inch of thickness. The cooked meat should be seasoned and served at once on a hot plate. It may be spread with softened butter, or a small butter ball may be placed on top; the butter may have finely-chopped parsley added to it.

The main points in successful grilling are to cook only the most tender meat, such as loin chops or undercut steak, and to avoid over-cooking by reducing the heat once the surfaces are browned.

Less tender meat may be grilled or pan broiled if minced and made into cakes.

The tougher meats can be made tender by cooking them slowly for a long time in moist heat, by mincing or cutting them up before cooking to break up the fibres, or by cooking them with other substances such as tomatoes or vinegar. Avoidance of overheating is important, for cooking at too high a temperature will make the meat proteins tougher. Meat is simmered rather than boiled, or if it is cooked in the oven, a hot oven must be avoided. A pressure cooker is excellent for preparing less tender meats.

Boiling

Though any meat may be cooked by simmering it in water, usually the tougher cuts or meat from older animals are used. Leg or shoulder of mutton, cuts of beef such as brisket, and salted or pickled meats of all kinds—corned beef, salt mutton, pickled pork or ham—may be boiled. Very salt meat may be soaked overnight in cold water and the water discarded before the meat is cooked. The meat is usually at least half covered with boiling water, brought just to the boil, and simmered, not boiled hard. The saucepan is kept covered. Vegetables may be added to the meat for the last hour, or less for vegetables which cook quickly. The stock from boiled fresh meat may be used for soups and gravies, but the stock from pickled meat may be too salt to use. The cooking time depends on the size of the piece of meat. A leg of mutton will take 3 to 3½ hours, and a 4lb. piece of beef 3 to 4 hours.

Cured meats such as corned beef or ham which are to be served cold are best cooled in the cooking water. Corned beef is covered with cold water instead of hot, then brought to the boil. An onion, 1 or 2 cloves, and a tablespoon or two of vinegar may be added to corned beef. For corned beef allow 30 minutes' cooking for each 1lb. of meat and 30 minutes more.

Pot Roasting

Long, slow cooking in a covered pan is the basis of pot roasting. The piece of meat chosen should be compact in form, and a heavy saucepan should be used. The meat is browned in a small amount of fat, any excess fat is poured off, and the saucepan is covered closely to keep in the steam. Cooking time is longer than for a roast of comparable size in the oven. Allow a 4 or 5lb. roast 3 or 4 hours to cook. If desired, about ½ cup of water may be added to the meat before the saucepan is covered, and a low rack may be placed under

the meat after it is browned. Meat may be stuffed before being pot roasted.

If desired, vegetables may be added and cooked with the meat during the last part of the cooking time. Any root vegetables, tomatoes, or celery may be used.

Stewing and Braising

Stewing and braising are similar methods of cooking, the term braising being used when the meat is left in large pieces—say, 1 or 2 pieces per serving. Both ways depend on long, slow cooking in liquid, which is usually water or stock. The leaner cuts from the flank, shin, and neck are suitable for stews. The pieces of meat are trimmed, if necessary, to remove excess fat, dipped in flour, and browned on all sides in a little hot fat. The fat is drained off before liquid is added. For beef stews the pieces are cut into $\frac{1}{2}$ or $\frac{3}{4}$ in. cubes. The seared and cut-up meat is almost covered with cold water in a saucepan and simmered until it is tender. Two to 3 hours or longer may be required. Vegetables may be added to stews long enough before serving time to allow for their being cooked by the time the meat is ready. A stew should be well seasoned, and the gravy may be thickened with flour mixed to a smooth paste with cold water and added shortly before it is served.

Meat may be stewed or braised in a covered casserole in the oven instead of in a saucepan.

MUTTON Curry

2lb. of breast of mutton	1 heaped teaspoon of curry powder
2 medium-sized onions, peeled and sliced	12 prunes, soaked in 1 cup of hot water for at least 1 hour
2 medium-sized apples, peeled and sliced	2 tablespoons of fat
$\frac{1}{2}$ cup of sultanas	1 cup of water or stock
1 tablespoon of flour	1 teaspoon of salt
	Pepper

Melt the fat in a saucepan and brown the cut-up meat in it. Add the onions, apples, curry powder, flour, salt, and pepper. Cook for 5 minutes, stirring gently. Add the sultanas and the stoned prunes with the water in which they were soaked. Add the stock and stir gently. Simmer for $1\frac{1}{2}$ hours, stirring from time to time. Serve with boiled salted rice and chutney.

Haricot Stew (6 servings)

6 mutton chops, leg or neck	$1\frac{1}{2}$ to 2 cups of stock or water
1 large carrot, sliced	1 teaspoon of salt
1 medium-sized onion	$\frac{1}{8}$ teaspoon of pepper
$\frac{1}{2}$ cup of turnip	3oz. of haricot beans, soaked
$\frac{1}{4}$ to $\frac{1}{8}$ cup of flour	

Trim the fat from the chops if necessary. Dip them in the seasoned flour, brown them in a little fat, and put them in a saucepan. Add the vegetables and stock, and simmer the stew for about 3 hours. Thicken it shortly before it is served with the remaining flour mixed to a smooth paste with a little cold water.

Flavour may be added by browning the onion slices in fat before adding them to the stew. When time is short beef may be made into stew without first being browned without any significant loss of appearance, though there is a slight loss of flavour.

Dumplings for Servings with Stews (6 servings)

1 cup of sifted flour
 $\frac{1}{4}$ teaspoon of salt

2 teaspoons of baking powder

Mix the ingredients to a soft dough with milk. Drop the dough by spoonfuls on top of the simmering stew 20 minutes before serving time. Cover the stew closely and let it simmer without lifting the lid again until it is ready to serve.

The dumpling mixture may be varied by adding chopped parsley or other herbs.

Irish Stew

1lb. of breast of mutton
 2lb. of potatoes
 2 large onions

1 cup of stock
 Good shake of pepper
 1 teaspoon of salt

Cut the mutton into neat pieces and place it in a saucepan. Add the stock, salt, and pepper. Bring to the boil and boil 5 minutes. Set aside and skim. Continue cooking for $\frac{1}{2}$ hour. Peel and slice the potatoes and onions and arrange in layers on top of the stew. Cook gently for another hour.

Mutton Pasties

Pastry

$\frac{1}{2}$ lb. of flour
 $\frac{1}{4}$ teaspoon of salt

$\frac{1}{4}$ lb. of lard

Cut the lard into the flour and salt until it is the consistency of fine breadcrumbs. Mix it to a fairly stiff paste with water. Roll out to $\frac{1}{4}$ in. thickness and cut into rounds, using a 6 or 8in. plate or pot lid. Put the filling (ingredients and instructions for which are given below) on one half of the circle and turn the other half of the pastry over it. Crimp the edges together and cut a cross in the pastry. Slide on to an oven slide, using a fish slice. Bake for $\frac{1}{2}$ hour at 400 degrees F. (hot oven).

Filling

2lb. of mutton trimmings or flap or
 neck or leg chops
 $\frac{1}{2}$ lb. of carrots
 $\frac{1}{2}$ lb. of swede

1 teaspoon of salt
 1 large onion
 1 cup of stock

Cut the meat finely and put into a saucepan with the stock. Bring to the boil and cook for $\frac{1}{2}$ hour. Add the vegetables, finely chopped, and the salt. Cook for 20 minutes. Thicken with flour if necessary.

Mutton Stew

1 $\frac{1}{2}$ lb. of neck mutton
 4 small onions
 2 carrots
 Piece of swede turnip

4 to 8 potatoes
 1 pint of water
 Pepper, salt, parsley

Cut the mutton into pieces and put it in the saucepan with the water, onions, carrot cut into thick slices, turnip cut into chunks, and half the potatoes cut into thick slices. Stew them gently for 2 hours, adding the rest of the potatoes, left whole, after 1 hour. Chop the parsley and add it immediately before serving the stew. Skim off any surplus fat during cooking.

COLD DISHES FOR MUTTON

Mutton Shape

1lb. of neck chops or 1lb. of flap	1 teaspoon of salt
1 pint of stock	1 tablespoon of lemon juice
1 slice of bacon	1 dessertspoon of gelatine
1 large onion, peeled and sliced	1 tablespoon of chopped parsley

Cut the rind from the bacon. Put the neck chops (cut in halves), bacon, stock, onion, and salt in a saucepan and bring to the boil. Boil gently for 1 hour or until the meat is tender. Remove the meat from the liquid and shred it finely. Skim the fat from the liquid and add the gelatine, parsley, and lemon juice to the liquid and mix well. Put the meat into a wetted mould and pour the liquid over it. Allow to set overnight. Unmould and garnish with sour cream or salad dressing.

Cold Rolled Stuffed Flap

2lb. flap of mutton (in two pieces)

Stuffing

1½ cups of breadcrumbs	1 teaspoon of salt
1 medium-sized onion, chopped finely	2 tablespoons of fat
Thyme	Pinch of allspice
Pepper	2 tablespoons of boiling water

Mix all the stuffing ingredients. Divide the mixture in halves and spread half on each flap. Roll up and tie the flaps. Roll in greaseproof paper and cook in a pressure saucepan at 15lb. pressure for 30 minutes. Allow to cool. Remove the paper and press in a pie-dish under a weight. (Eight servings.)

BEEF DISHES

Aberdeen Sausage

1lb. of minced steak	2 beaten eggs
½lb. of minced bacon	1 teaspoon of mixed herbs
½lb. of minced liver	1 tablespoon of chopped parsley
2 sheep's kidneys, minced	2 cups (8oz.) of soft breadcrumbs
1 tablespoon of minced onion	¼ teaspoon of pepper

Combine the ingredients, shape the mixture into a roll, and tie it in a well-floured cloth. Plunge it into boiling water, boil it for 5 minutes, simmer it for 2½ to 3 hours, and press it until it is cold.

Beef Casserole

1lb. of beef	1 tablespoon of fat
1 carrot	2 tablespoons of flour
2 onions	1 cup of stock or water
3 sticks of celery	

Flour the beef and sear it in the fat until it is well browned. Place this meat cut into cubes in a casserole dish in alternate layers with the vegetables and the stock; then cook them in a slow oven for 3 hours. Thicken the casserole, if necessary, just before serving it, with a small amount of flour mixed to a paste with cold water.

Beef Stew

1½ lb. of stewing beef	1 large onion
1 or 2 kidneys	1 carrot or other root vegetable
1 teaspoon of salt	¼ cup of flour

Cut the beef into inch cubes, the kidneys into quarters, and the vegetables into pieces. Sprinkle them with flour, place them in a casserole dish, pressure cooker, or pot, and add the salt and 1 cup of water. If the stew is in a casserole, cook it in a slow oven at about 325 degrees F. for 3 hours, if it is in a pot, leave it simmering slowly, but not boiling, for about the same time. In a pressure cooker the stew should be cooked for 20 minutes, and potatoes can be cooked with it by placing whole large potatoes on top of the meat and vegetables. The quantities given are sufficient for four servings.

Beef in Tomato Sauce

1½ lb. bolar steak or blade steak	4 oz. of vermicelli
3 tablespoons of flour	2 tablespoons of fat
1½ teaspoons of salt	2 cups of tomato puree
½ teaspoon of pepper	½ teaspoon of cloves
2 large onions, chopped finely	½ cup of water or stock

Mix the flour, salt, and pepper. Melt the fat in a saucepan. Cut the meat into small pieces and coat with the flour mixture. Brown the meat in the fat. Add the onions and cook gently. Add the tomato puree, cloves, and water and stir. Cover the saucepan and simmer the meat for two hours. A quarter of an hour before serving cook the vermicelli in boiling salted water. Drain the vermicelli and arrange it on a hot serving dish. Serve the stew on the vermicelli. (Six servings.)

Camp Pudding

½ lb. of shoulder bacon	Salt, pepper
1½ lb. of shin of beef	1 tablespoon of chopped parsley
1 egg	

Remove the rind from the bacon and the fat and gristle from the shin beef. Mince the shin beef and the bacon. Add the seasonings, parsley, and egg and mix thoroughly. Press into a basin and cover the top with greaseproof paper. Place in a pot of boiling water and steam for 2 hours. Allow to cool overnight. Unmould and garnish. Serve in wedges as for steamed pudding.

Celery Meat Balls

1 lb. of minced beef or pork	¼ to ½ cup of stock or gravy
½ cup of chopped onions	1 egg (beaten)
½ cup of chopped celery	Salt and pepper
1 cup of fresh breadcrumbs	Parsley

Mix the beef, onion, and celery with the breadcrumbs and moisten them with stock or gravy. Shape the mixture into balls; then dip them into the beaten egg and coat them with dry breadcrumbs. Bake the balls in a little fat in a moderate oven for $\frac{1}{2}$ hour.

Grilled Meat Cakes (4 servings)

1lb. of minced lean beef	1 tablespoon of chopped parsley
$\frac{2}{3}$ cup of soft breadcrumbs	$\frac{1}{2}$ teaspoon of salt
1 small onion, minced and browned in a small quantity of fat	Shake of pepper

To prepare soft (or fresh) breadcrumbs, use bread which is at least a day old, crumbling it by rubbing it against the medium-sized part of a grater. Mix the ingredients together lightly, form the mixture into 4 cakes, and wrap a strip of bacon round the sides of each, fixing it with a skewer or toothpick. Grill or pan broil the meat cakes, turning them once.

Grilled meat cakes may be served on onion rings. Cut 4 slices $\frac{1}{2}$ in. thick from large onions, place them in a baking pan, pour over them about 2 tablespoons of melted fat, cover them, and bake them until they are nearly soft. Then place the meat cakes on the onion rings for grilling.

An alternative method of cooking is to place the meat cakes on the raw onion rings and bake them together. In this case the cakes will require basting with stock and fat ($\frac{1}{2}$ tablespoon of fat to $\frac{1}{2}$ cup of stock), as the longer cooking tends to dry out the cakes.

Hash

1 cup of stock or water	2 teaspoons of salt (omit if using corned brisket)
1lb. of blade steak or 1lb. of corned brisket	2 large onions
1 teaspoon of mustard	Good shake of pepper
3 tablespoons of fat	$\frac{1}{2}$ cup of rice

Peel and slice the onions. Mince the steak (or corned brisket). Heat the fat in a saucepan and brown the onions in it. Add the mince and brown it gently. Add the washed rice and seasonings and stir well. Add the stock and cook gently for 1 hour, stirring from time to time. The fat and stock should all be absorbed into the hash when it is cooked.

Meat Loaf

$1\frac{1}{2}$ lb. of topside or chuck steak	$\frac{1}{2}$ cup of milk
1 lightly beaten egg	$\frac{1}{2}$ teaspoon of salt
2 $\frac{1}{2}$ in. slices of bread (preferably stale)	Shake of pepper
1 small onion ...	Pinch of chopped sage

Peel the onion and mince it, the steak, and the bread. Add the egg, milk, and seasonings. Mix well and press into a greased loaf tin. Bake in a moderate oven at 350 degrees F. for 1 hour. Turn the loaf on to a warmed serving dish and garnish suitably. (Six to 8 servings.)

Meat Roll

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| $\frac{1}{2}$ lb. of mince or $\frac{1}{4}$ lb. of sausage meat | 1 onion, chopped fine |
| and $\frac{1}{4}$ lb. of mince | 1 small teaspoon of mixed herbs |
| $\frac{1}{4}$ lb. of breadcrumbs | 1 egg |
| 1 teaspoon of chopped parsley | Salt and pepper |

Combine all the ingredients and bind them with the beaten egg. Turn the mixture into a well-greased tin, put on the lid, and steam it for 1 to 2 hours.

Minced Beef Cakes

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|------------------------|---------------------------|
| 1 lb. of minced beef | 1 large onion, chopped up |
| 1 cup of crumbed bread | 1 egg |

Mix the ingredients with $\frac{1}{2}$ cup of left-over gravy, tomato sauce, or any other savoury liquid. Even water and meat or vegetable extract gives a good flavour to the mince cake. Grill the mince in a solid lump, mould it into small cakes, and cook them in a frying pan, or bake them in a moderate oven (350 degrees F.) for about $\frac{1}{2}$ hour. These quantities make four servings.

Stuffed Steak

2 lb. of topside

Stuffing

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| 1 cup of breadcrumbs | Thyme |
| 1 medium-sized onion | 2 tablespoons of fat |
| Sage | 2 tablespoons of boiling water |

Chop the onion and the fat finely. Mix all the ingredients. Cut a pocket in the steak and fill it with the stuffing. Sew up the opening with strong thread or fine string. Brown in a little fat in a saucepan. Draw aside from the heat and carefully add 1 cup of water. Return to the heat and cook for 2 hours. Remove the meat and skim the fat from the liquid. Make gravy with the liquid.

Swiss Steak (6 servings)

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| 2 lb. of lean topside steak cut in slices | $\frac{1}{2}$ teaspoon of pepper |
| 2 in. thick | 1 medium-sized onion, sliced |
| 2 tablespoons of fat | 1 cup of tomatoes (preserved whole, |
| $\frac{1}{4}$ cup of flour | puree, or juice) or $\frac{1}{2}$ lb. of fresh |
| 1 teaspoon of salt | tomatoes |

Pound the seasoned flour into the steak. Sear the pieces of meat in the hot fat. Cut the meat, allowing 1 or 2 pieces to each person. Place the pieces in a casserole, add the onion and tomato, and add water if necessary almost to cover the meat. Cover the casserole and bake the steak for 2 hours at 300 degrees F. The steak may be cooked on top of the stove by simmering it in a closely-covered saucepan for about 2 hours. If the steak is cut thinner, the cooking time may be reduced slightly.

Meat Pie with Scone Crust (6 servings)

Prepare a stew using $1\frac{1}{2}$ to 2lb. of mutton, beef, or veal cut into $\frac{1}{2}$ to $\frac{3}{4}$ in. cubes. Cook it in a casserole, or in a saucepan from which the hot stew is turned into a casserole or piedish. Have ready the scone mixture, made as follows:—

2 cups of sifted flour	$\frac{1}{2}$ teaspoon of salt
4 teaspoons of baking powder	2 tablespoons of shortening

Rub the shortening into the dry ingredients and mix them to a soft dough with milk. Roll the dough $\frac{1}{2}$ in. thick, cut it into rounds, and arrange them on top of the hot stew. Bake the pie in a hot oven (450 degrees F.) for about 15 minutes.

Meat Loaf (6 servings)

$1\frac{1}{2}$ lb. of minced beef	1 small onion, minced
$\frac{1}{2}$ cups of fresh breadcrumbs	1 tablespoon of chopped parsley
1 or 2 slices of bacon, minced	1 egg, slightly beaten
$\frac{3}{4}$ teaspoon of salt	Milk, stock, or water to make $\frac{1}{2}$ cup of
$\frac{1}{4}$ teaspoon of pepper	liquid with the egg

Combine all the ingredients. A small quantity of celery or tomato may be added if available. Turn the mixture into a well-greased loaf pan and bake it in a moderate oven (350 degrees F.) for about $\frac{3}{4}$ hour. When it is cooked turn it out on to a hot plate and serve it with gravy.

Savoury Suet Pudding**MEAT FILLING**

8oz. mince or chopped beef, lamb, or veal
 1oz. flour
 1lb. diced vegetables
 1 chopped leek or onion
 1 level teaspoon salt
 Pinch of pepper
 $\frac{1}{4}$ pint stock or gravy

CRUST

8oz. flour
 $\frac{1}{2}$ teaspoon of salt
 1oz. suet, lard, or dripping
 1oz. grated raw potato
 2 level teaspoons baking powder
 Water to mix

Method.—Mix the flour, baking powder, and salt. Rub in the fat and mix in the grated potato. Mix to a stiff dough with cold water. Line the greased basin with three-quarters of the crust. Mix the meat with the flour. Arrange layers of the vegetable, leek, and seasoning in the basin. Add the stock or gravy. Roll out the remaining piece of crust to fit the top. Press the edges together. Cover with greased paper and steam for two and a half to three hours.

VEAL**Breslau of Veal**

1lb. of minced veal flank	$\frac{1}{2}$ cup of breadcrumbs
1 cup of stock	1 tablespoon of chopped parsley
2 tablespoons of fat	1 teaspoon of salt
1 cup of milk	1 teaspoon of Worcestershire sauce

Simmer the veal in the stock for 1 hour. Combine the other ingredients and turn the cooked veal mixture into them. Mix thoroughly and put in spoonfuls in greased patty pans. Bake in a moderate oven at 350 degrees F. for 30 minutes. Turn the patties on to a hot serving dish and serve with tomato sauce. (Six to 8 servings.)

French Veal

1lb. of veal flank	1 teaspoon of salt
$\frac{1}{2}$ lb. of onions	$\frac{1}{8}$ teaspoon of pepper
2 medium carrots	2 tablespoons of vinegar
4oz. of flour	Pinch of cloves
2 teaspoons of sugar	Pinch of baking soda

Cut the meat into neat pieces, removing the fat. Mix the flour, sugar, salt, baking soda, pepper, and cloves and place with the meat in a basin. Knead the flour mixture into the meat. Place the meat in the bottom of a large casserole and sprinkle the vinegar and any remaining flour over it. Scrape and slice the carrots and arrange them over the top of the meat. Peel the onions, slice them very thinly, and arrange them over the top of the carrots. Pour $\frac{1}{2}$ cup of cold water over the onions. Cover the casserole and cook it for $1\frac{1}{2}$ hours in a moderate oven (350 degrees F.). Tree tomato slices may be used instead of carrots. (Four to 6 servings.)

Poached Veal Patties

1lb. of veal brisket	Juice and rind of a lemon
4oz. of suet	1 teaspoon of salt
2 thick slices of stale bread	Pepper
2 tablespoons of milk	$\frac{1}{2}$ teaspoon of nutmeg
2 eggs	

Mince the bread and soak it in the milk. Mince the veal and suet and combine them with the bread and other ingredients. Shape into flat patties and allow to stand for $\frac{1}{4}$ hour. Poach the patties in gently simmering stock flavoured with celery leaves for 20 minutes. Remove the celery leaves and thicken the stock. (Four servings.)

Pressed Veal

2lb. of veal flank	1 egg lightly beaten
2 slices of bacon	Salt and pepper to taste
$\frac{1}{2}$ cup of dry breadcrumbs	1 teaspoon of chopped sage
2 tablespoons of melted fat	

Trim the rind from the bacon. Mince the veal and bacon. Add the other ingredients and mix well. Press into a greased loaf tin. Bake in a slow oven at 325 degrees F. for 3 hours. Allow to cool thoroughly. Remove from the tin and garnish with lettuce leaves.

Veal Birds

1lb. of brisket

Stuffing

1 cup of breadcrumbs	Good shake of pepper
2 tablespoons of chopped fat	2 tablespoons of boiling water
$\frac{1}{2}$ teaspoon of salt	1 small apple, peeled and grated

Slice the brisket thinly into four even-sized pieces. Mix the stuffing and spread each piece of veal with stuffing. Roll up and fasten with a toothpick. Brown gently in a little hot fat and then cook in a pressure saucepan for 15 to 20 minutes. If using a pot, cook for 1 hour. (Four servings.)

CURRIES

Curry Sauce (Basic Recipe)

1 oz. of butter	3 level dessertspoons of cornflour
$\frac{3}{4}$ pint of stock or water	1 medium onion, sliced thinly
1 to $1\frac{1}{2}$ teaspoons of curry powder	1 small apple, diced
1 teaspoon of chutney	1 teaspoon of sugar
1 tablespoon of cream	1 teaspoon of lemon juice

Melt the butter in a frying pan or heavy saucepan and fry the apple and onion until the onion is pale gold but still crisp. Add the curry, chutney, and cornflour mixed with a little of the stock, mix it well, add the remaining stock, season with salt and pepper, and simmer the sauce for 20 to 30 minutes, stirring it occasionally. Just before serving the mixture add sugar, lemon juice, and cream. The amounts of curry powder, chutney, and lemon juice are varied to taste.

Cold Meat Curry

To make cold meat curry add $\frac{1}{2}$ to $\frac{3}{4}$ lb. of cold cooked meat, cut in meat dice, to the curry sauce (basic recipe) after it has simmered for 20 minutes, and continue the cooking until the meat is heated through.

Curried Kidney and Bacon Sauce

2 kidneys	2 teaspoons of tomato sauce
1 medium onion	1 teaspoon of flour
4 rashers of bacon	1 cup of water
1 teaspoon of curry powder	Salt and pepper to taste
1 dessertspoon of butter	

Slice the onion and fry it for a few moments in the butter, add the cut up kidneys and bacon, and fry 3 or 4 minutes more. Add remaining ingredients, bring the sauce to the boil, and simmer it until the meat is cooked. Serve this over cooked spaghetti, rice, macaroni, or mashed potatoes.

Babotje (South Africa)

2 lb. of minced meat	$\frac{1}{4}$ teaspoon of pepper
1 thick slice of bread ($1\frac{1}{2}$ oz.)	14 almonds, blanched and pounded
$\frac{1}{4}$ cup of milk	2 medium onions, chopped fine
1 large egg	2 tablespoons of fat or butter
$1\frac{1}{2}$ tablespoons of curry powder	6 orange or lemon leaves (optional)
2 eggs, beaten	$\frac{1}{4}$ teaspoon of salt
1 teaspoon of salt	$1\frac{1}{2}$ cups of milk
$1\frac{1}{2}$ tablespoons of lemon juice or vinegar	1 tablespoon of sugar

Mince the meat (raw or cooked). Soak the bread in milk and beat it with a fork until it is creamy. Beat in the egg and add curry powder, sugar, salt, pepper, almonds, and lemon juice. Fry the onions in butter or fat and allow them to brown. Add them to the mixture and stir it well. Grease a baking dish and add 2 or 3 orange leaves at the bottom if desired. Spread the mixture into the dish and distribute 2 or 3 orange leaves through it. Place a buttered paper on top and bake it in a moderate oven 30 to 35 minutes for raw meat and 20 to 25 minutes for cooked meat. Remove the paper, mix the

eggs with milk and salt, and pour the mixture over the dish. Reduce the oven heat and bake the dish until the custard is set. Serve with cooked tomatoes and boiled potatoes or rice.

Meat, Fish, or Egg Curry

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|---|---|
| 1½ to 2lb. of chicken, rabbit, lamb,
shrimps, crayfish, or fish, or 10 to 12
hard-boiled eggs | 1 piece of green ginger, ½ x 2 in., finely
chopped |
| 3 tablespoons of butter | 2 large green apples (sliced) |
| 1lb. of onions | 1 tablespoon of sugar |
| 2 large cloves of garlic | 1½ tablespoons of curry powder |
| 3 large tomatoes (chopped) | 1½ tablespoons of flour |
| 1 cup of chopped celery | 3 cups of coconut milk or stock |
| 1½ teaspoons of salt | 1 tablespoon of desiccated or freshly
grated coconut |
| ¼ teaspoon of pepper | |

Cook the main ingredient till nearly done; chicken, rabbit, or lamb should be cut up and browned in fat before being simmered gently in water. Melt the butter, fry the onions and garlic, add the tomatoes, celery, green ginger, apples, sugar, and curry powder. Mix them all in a pan, add the flour, and then gradually add the stock or coconut milk and the coconut. Allow the mixture to cook into a thickened sauce. Add the foods to be curried, cover the pan, and cook for 5 to 6 minutes longer. Season with salt and pepper to taste and serve very hot with rice.

India Curry, New Zealand Style

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| 2 tablespoons of butter or fat | 4 teaspoons of curry powder |
| 2/3 cup of chopped onions | ¾ to 1 teaspoon of salt |
| 1½ cups of chopped apple | ¼ teaspoon of pepper |
| 2 tablespoons of sultanas | 1 1/3 cups of water or coconut milk |
| 1½ tablespoons of shredded coconut | 2 cups of diced cooked meat or fowl |
| 1 large, firm banana, sliced | |

Melt the butter in a pan, and fry the onion until it starts to colour. Add the apple and stir, add the sultanas and coconut, and mix them well. Add the curry powder, salt, and pepper. Fry the mixture for 5 minutes, stirring it until it is well blended. Add the water or coconut milk and the cooked meat. Cover the pan tightly, and cook for at least 1½ hours on very low heat or in a very slow oven; uncover the pan and add more water if the curry has become dry. Add the banana, mix it in, and cook the mixture, covered, for another ½ hour.

Coconut Milk

To make coconut milk grate 4 cups of fresh coconut into a strainer lined with double cheese-cloth. Pour 2 cups of boiling water over the coconut, allow it to stand for 20 to 30 minutes, and then squeeze the pulp dry with the hands. This gives approximately ¾ pint of coconut milk. The procedure can be repeated two or three times with fresh hot water, 1 cup at a time. If fresh coconut is unobtainable, use 3 tablespoons of moist desiccated coconut to 1 cup of water and allow it to soak for 1½ hours.

Curried Sausages and Vegetables

1 lb. of sausages	1 carrot, cubed
1 large cooking apple, unpared, cored, and chopped	1 piece of swede turnip, cubed
1 dessertspoon of raisins or sultanas	$\frac{1}{2}$ oz. of dripping
1 dessertspoon of curry powder	1 dessertspoon of flour
1 tablespoon of coconut	$\frac{1}{2}$ pint of stock or water
1 large onion, chopped	Salt to taste

Heat the dripping in the saucepan and brown the onion, apple, and sausages. Add the flour and curry powder, stirring them well into the fat. Add the stock gradually while stirring. Heat the curry until it is almost boiling and add all the remaining ingredients.

ORGANS

Organs such as liver and kidneys are valuable foods because they provide more minerals and vitamins than does ordinary meat. Liver, especially, should be used regularly, for it is rich in iron in a form which is easily used by the body. Lack of iron is one of the causes of anaemia, and it is wise to include in the menu foods which are rich in readily-available iron. Other meats rich in iron are kidneys and heart. Tongue and heart, being muscular organs, are similar to lean meat in food value, except that heart is richer in iron. Organs contain little fat so may have fat added in cooking.

Liver and kidney are tender, so any method of cooking other tender meats may be used. Care needs to be taken to prevent their drying out during cooking and to prevent their being overdone by cooking for too long or at too high a temperature. Liver should not be cut too thin; the slices should be at least $\frac{1}{2}$ in. thick. When being grilled liver or kidneys may be brushed with bacon fat or butter, or pieces of bacon may be skewered between the pieces to supply some fat and help prevent too much drying. As well as being grilled or fried, these organs may be stewed or cooked in a casserole, and liver makes a good meat loaf.

Tongue and heart need long, slow cooking in moist heat, as they are not tender. Tongue may be served hot or cold, and heart is often stuffed.

Brains and sweetbreads (the thymus glands of calves) will not keep for very long, so they should be cooked as soon as possible. They are par-boiled for 20 minutes in water to which vinegar and salt have been added (1 tablespoon of vinegar and 1 teaspoon of salt to 1 quart of water). The cooking water is drained off and the brains or sweetbreads are covered with cold water. When cool, the membranes are removed, and then cooking can be completed by any method desired. Ways which add flavour and richness are best—for example, braising in rich gravy, creaming in white sauce, or frying.

HEART

Stuffed Heart

Remove the large veins and arteries, and wash out the heart. Fill it with bread stuffing. Make sure the stuffing is well seasoned. Sew the heart up, roll it in seasoned flour, and brown it all over in a little hot

fat in a frying pan. Place the heart in a casserole or deep baking dish and pour in 1 cup of boiling stock or water. The meat should be about half covered by the liquid. Cover the dish and bake the heart in a moderate oven (350 degrees F.) until it is tender—about 2 hours. Serve it with gravy made from the cooking liquid.

Heart is carved crosswise and in thicker slices than are usual for other meats. The number of servings depends on whether it is beef, calf, or sheep's heart.

Heart Stew

4 sheep hearts
2 large onions
2 carrots
1 small swede

2 tablespoons of flour
1 teaspoon of salt
Pepper to taste

Wash and trim the hearts and cut into small pieces. Mix the flour, pepper, and salt. Coat the pieces of heart with the seasoned flour and brown gently in a little hot fat in a pressure saucepan. Peel and slice the onions and add them to the mixture in the saucepan. Cook gently, stirring from time to time till the fat is absorbed. Pour 1 cup of water into the saucepan. Add the peeled and diced carrots and swede. Close the saucepan and bring to pressure. Cook for 30 minutes. Reduce the pressure. Thicken the gravy if necessary. If using a saucepan, cook for 1½ hours. (Four servings.)

LIVER

Fried Liver

Cut the liver into fine slivers, coat them in flour, and fry them in a very little fat until they turn brown. If the liver is cut very fine, it needs only about 2 minutes' cooking on either side.

Sheeps' kidneys, sausages, and a few other cheaper meats can also be cooked by this method.

Liver and Bacon (6 servings)

1½lb. of liver in ½in. slices
6 slices of bacon
1 egg, slightly beaten

½ teaspoon of salt
⅛ teaspoon of pepper
Dried breadcrumbs

This is a variation of the popular fried liver and bacon. The liver from any animal can be used, though lamb's liver is usually regarded as superior to beef liver. Beef liver is not quite so tender and rather coarser in texture, but it is good for casseroles and liver loaf.

Prepare the liver by pouring boiling water over it, then removing the skin and any large vessels. Cut it into pieces for serving, remembering not to make the slices too thin. Add the seasonings to the egg. Dip the pieces of liver in egg and then in crumbs. Place them in a baking pan with enough fat to cover the bottom of the pan. Put a slice of bacon on top of each piece of liver. Bake them in a slow to moderate oven until the colour of the liver is just changed and the bacon is cooked. Take care not to overcook. If desired, serve gravy with the liver and bacon.

Liver Hot-pot

1lb. of lamb fry
2 slices of bacon
1lb. of onions
1 carrot
1 parsnip

1lb. of potatoes
2 tablespoons of flour
1 cup of stock
 $\frac{1}{2}$ teaspoon of pepper
Pinch of cayenne

Trim the rind from the bacon and cut it into four pieces. Put these in a cold saucepan and cook gently. Cut the lamb fry into neat pieces. Add the seasonings to the flour and coat the fry with this mixture. Brown the fry in the saucepan with the bacon. Peel and slice the onions and brown them also. Pour off any surplus fat. Add the diced carrot and parsnip, the stock, and any of the flour mixture left from coating the liver. Cover and simmer for 20 minutes. Peel the potatoes and slice them thinly. Arrange in layers on top of the liver stew. Cook for a further 20 minutes or until the potatoes are done. (Four to 6 servings.)

Liver and Bacon Casserole

1lb. of calf liver
 $\frac{1}{2}$ lb. of bacon
1 large cup of breadcrumbs

3 or 4 large apples
1 medium-sized onion
1 tablespoon of chopped parsley

Cut the liver into thin slices and the bacon rashers into short pieces. Place a layer of liver in a greased casserole, cover it with bacon, and sprinkle it with chopped parsley, onions, and breadcrumbs seasoned with salt and pepper. Add a thick layer of sliced sharp apples. Repeat these layers until the casserole is filled, making the last layer one of breadcrumbs. Pour over water or meat stock to fill the dish and bake the casserole in a moderately hot oven for $1\frac{1}{2}$ hours with the lid on. Take off the cover, add hot water if necessary, and bake it for a further $\frac{1}{2}$ hour to brown the top.

KIDNEYS**Braised Kidneys**

$1\frac{1}{2}$ lb. of ox kidney
2 onions
1 swede
2 carrots

2 stalks of celery
1 cup of stock
6 rashers of bacon

Cut the kidney into medium-sized pieces and brown it gently in a saucepan in a little hot bacon fat. Peel the onions, carrots, and the swede and slice them thinly. Wash the celery stalks and chop them finely. Add the vegetables to the saucepan and brown them lightly. Pour off any surplus fat. Add the stock, cover the saucepan, and simmer the stew for 45 minutes. Thicken the gravy and grill the bacon. Arrange the bacon round the sides of a hot serving dish and pile the kidney stew in the centre. (Six servings.)

Kidney Stew (6 servings)

3 beef or 9 lamb kidneys
3 tablespoons of butter or bacon fat
1 teaspoon of salt
 $\frac{1}{8}$ teaspoon of pepper

$\frac{1}{4}$ cup of flour
1 small or medium-sized onion, cut finely or minced
2 cups of water or stock

Cut the kidneys in halves lengthwise and remove the centre part and skin. Cut up the kidneys and fry them with the onion in the fat. Add the flour, and cook the ingredients until they are brown. Add the stock and seasonings, simmer the stew for 10 to 15 minutes, and serve it on toast.

TONGUE

Moulded Sheep Tongues

6 sheep tongues	$\frac{1}{2}$ oz. of gelatine
3 hard-boiled eggs	Salt and pepper
2 cups of stock	Chopped parsley

Cook the tongues, skin them, remove gristle and small bones, and slice thinly. Dissolve the gelatine in the stock and pour a thin layer into a wet mould. Arrange slices of hard-boiled egg surrounded with chopped parsley, and stand the mould aside in a cool place. When the gelatine is set fill the mould with alternate layers of sliced tongues and hard-boiled egg, pour the rest of the gelatine over them, and leave it to set.

Pressed Tongue

1 ox tongue	$\frac{1}{4}$ cup of vinegar
1 onion	4 cloves

Wipe the tongue, and remove some fat if there is too much on it. Cover it with cold water, add the onion, vinegar, and cloves, and simmer it, allowing 20 minutes for each 1lb. and 20 minutes more. When the tongue is cool enough to be handled remove it from the liquid, trim off skin, gristle, and small bones at the roots, and press the tongue in a bowl. Add enough liquid to cover it, adding 1 dessert-spoon of gelatine to each cup of liquid used. The gelatine is best soaked in a little cold liquid, then dissolved in the remainder of the liquid heated to boiling point. When set, the tongue may be turned out of the bowl and sliced.

TRIPE

Tripe Fritters

1lb. of tripe	1 teaspoon of cloves
1 teaspoon of salt	

Batter

1 cup of flour	$\frac{1}{2}$ teaspoon of salt
1 teaspoon of baking powder	1 egg beaten in $\frac{1}{2}$ cup of milk
1 teaspoon of vinegar	

Sift the dry ingredients for the batter together. Make a well in the centre and add the egg and milk. Fold the mixture in, and last stir in the vinegar. Leave for $\frac{1}{2}$ hour at least before using.

Scrape any fat from the tripe and cut it into neat pieces about 2in. square. Place in water and add the cloves and salt. Bring to the boil and boil $\frac{1}{2}$ hour. Drain the tripe. Dip the pieces in the batter and fry in deep fat until they are golden brown. Serve with sliced lemons. (Four to 6 servings.)

Tripe and Onions

1 lb. of tripe
2 onions
1 teaspoon of salt
Pepper

1 cup of milk
2 tablespoons of flour
Chopped parsley

Scrape any fat from the tripe and cut it into neat pieces. Place in water, bring to the boil, and boil for 20 minutes. Pour off the water. Add the peeled, sliced onions, salt, pepper, and sufficient water to cover. Bring to the boil and simmer gently for 1 hour. Pour off the water. Add the milk and bring to the boil. Thicken the mixture with the 2 tablespoons of flour mixed to a thin paste with a little water. Cook for 5 minutes. Add the parsley and cook for a further 2 or 3 minutes. The total cooking time should be $1\frac{3}{4}$ hours. (Four servings.)

HAM

Baked Ham Cubes

Cut two pieces of ham $\frac{1}{2}$ to 1 in. thick into cubes. Place the ham in a casserole, spread it with 1 tablespoon of mixed mustard and 2 tablespoons of brown sugar, and pour $\frac{1}{2}$ cup of milk over it. Bake it in a moderate oven for 30 minutes.

Baked Ham Loaf

$1\frac{1}{2}$ lb. of minced cooked ham
2 eggs
 $\frac{1}{2}$ cup of milk
1 tablespoon of mixed mustard

1 cup of fresh breadcrumbs
1 cup of brown sugar
 $\frac{1}{2}$ cup of vinegar
 $\frac{1}{8}$ teaspoon of pepper

Make a sauce by boiling the sugar, vinegar, and mustard in $\frac{1}{2}$ cup of water for 10 minutes.

Mix the ham, eggs, and breadcrumbs with the milk and season the mixture. Shape it into a loaf or into the form of a ham and score the surface with the blunt edge of a knife. Bake it in a moderate oven for 1 hour. Garnish it with cloves and cherries as if it were an ordinary ham. Baste it with the mustard sauce and bake it for another $\frac{1}{2}$ hour, basting frequently. Serve the loaf hot with vegetables or cold with salad, or use it as sandwich filling.

Baked Ham Slices

Place two slices of ham 1 to $1\frac{1}{2}$ in. thick in a shallow covered baking dish, cover them with 1 cup of milk, stock, or tomato or fruit juice, season them, and bake them for $1\frac{1}{2}$ to 2 hours or until they are tender. Remove the cover for the last $\frac{1}{2}$ hour of the cooking time and thicken the juice with 1 tablespoon of cornflour mixed to a paste with cold water. Serve the ham with a garnish of cooked tomatoes.

Grilled Ham Slices

Cut slices $\frac{1}{8}$ to $\frac{1}{4}$ in. thick and grill or fry them until they are browned. Serve them immediately with eggs or vegetables.

LEFT-OVER MEATS

It is important not to cook left-over meat again, for such treatment will tend to toughen its protein. The preparation of such foods should be timed so that the meat is just heated through at serving time. The meat may be cut up or minced and mixed with other ingredients such as vegetables, cereals, eggs, and milk; it may be moistened with stock or gravy and enclosed in layers of potato, pastry, rice (when available), or a scone mixture; or it may be simply reheated in a gravy or sauce. Left-over meat dishes need not always be hot; the meat may be cubed and used in salads, it may be set in a savoury jelly, and it may be used for sandwiches. In all cases the seasoning must be given careful consideration to bring out but not overwhelm the flavour of the meat. When prepared in ways which ensure high palatability and served attractively, left-over meat dishes will be welcomed by the family rather than be recognised as part of a previous day's meal.

Aberdeen Sausage

3lb. of steak
 $1\frac{1}{2}$ cups of breadcrumbs
 2 eggs
 $1\frac{1}{2}$ teaspoons of salt

1 small onion
 $\frac{1}{2}$ lb. of bacon
 1 tablespoon of Worcestershire sauce
 1 teaspoon of pepper

Mince the bacon, steak, and onions. Add the breadcrumbs and other ingredients and mix them thoroughly. Form the mixture into a roll, tie it in a floured cloth, and boil it for $2\frac{1}{2}$ to 3 hours. Turn it out and roll it in either fine breadcrumbs or oatmeal.

Cornish Pasties

10oz. of flour
 5oz. of fat
 10oz. of diced, cooked vegetables, including some onion
 6oz. of diced cooked meat

2 teaspoons of salt
 $\frac{1}{2}$ teaspoon of nutmeg if liked
 $\frac{1}{4}$ to $\frac{1}{2}$ cup of stock for moistening
 2 teaspoons of Worcestershire sauce
 Chopped parsley and herbs if desired

Make pastry from the flour, fat, and $\frac{1}{2}$ teaspoon of salt, roll it out, and use a saucer to cut large rounds. Put the filling (composed of the other ingredients) in the centre, bring up both sides of the pastry, and join the edges at the centre. Bake the the pasties at 400 degrees F. for about 20 minutes.

When time presses, instead of making individual pasties line a greased pan with half the pastry, cover it with the filling, and top it with the remaining pastry. Mark it into servings and bake it. Serve it with a good brown gravy, well seasoned, or tomato sauce.

Creamed Meat

2 cups of diced cooked meat
 4 level tablespoons of fat
 4 level tablespoons of flour
 1 teaspoon of salt

$\frac{1}{8}$ teaspoon of pepper
 2 cups of milk or part milk and part meat stock

Make the sauce as directed for tomato sauce on page 131, add the meat to the hot sauce, and reheat it thoroughly. The reheating may be

done over hot water. More salt and pepper may be added as required, and for beef or mutton 2 teaspoons of Worcestershire sauce. Serve creamed meat with vegetables or on buttered toast or fried bread.

Curry

3 tablespoons of flour	3 tablespoons of fat
1 medium-sized onion, chopped	Salt and pepper
1 small apple, sliced	2 cups of stock
1 teaspoon of curry powder	2 cups of diced cooked meat

Brown the onion in the fat, add the curry, seasonings, and flour, and cook them for a moment longer. Add the stock gradually, stirring until the mixture is thickened. Add the sliced apple, and when it is cooked add the meat and heat the curry thoroughly.

Meat Croquettes

4 level tablespoons of fat	1 teaspoon of finely-chopped parsley
4 level tablespoons of flour	1 teaspoon of ketchup or a few drops
1 cup of milk or meat stock	of Worcestershire sauce
2 cups of cooked meat, minced	Salt and pepper
1 teaspoon of finely-chopped onion	

Make the fat, flour, and milk or stock, with $\frac{1}{2}$ level teaspoon of salt and $\frac{1}{8}$ teaspoon of pepper, into a thick sauce, using the method given for tomato sauce on page 131. Mix the other ingredients with the sauce, varying the seasonings as desired and according to the meat being used. Cool the mixture and shape it into cylinders or balls. Roll them in dried breadcrumbs, then in egg (1 egg slightly beaten and mixed with 1 tablespoon of milk or water), and in breadcrumbs again. Fry them in deep fat. (The temperature of the fat is correct when a small cube of white bread browns in it in 40 seconds.) Drain the croquettes and serve them hot.

Meat or Fish Croquettes

Minced cooked meat or finely-flaked cooked fish should be mixed with the sauce in the proportion of $1\frac{3}{4}$ to 2 cups of meat or fish to 1 cup of sauce. Appropriate seasonings such as tomato sauce, chopped parsley, lemon juice, Worcestershire sauce, or a little pre-cooked onion may be added.

Meat Souffle

4 level tablespoons of fat	2 eggs
4 level tablespoons of flour	$1\frac{1}{2}$ cups of minced cooked meat
1 cup of milk	

Make a thick sauce of the fat, flour, and milk. Mix in the beaten egg yolks and meat. Season the mixture with salt and pepper. Beat the egg whites stiffly and fold them into the sauce mixture. Put the souffle in a greased dish, stand it in a pan of water, and bake it for $\frac{3}{4}$ to 1 hour at 350 degrees F. Serve it at once, garnished with a small sprig of parsley.

Meat Roll

1 medium-sized onion, minced or cut	About 1lb. of cooked meat, minced
up and browned in a little fat to	Salt and pepper
develop extra flavour	

Mix the ingredients with a little gravy or stock, but do not make them too moist. Spread the mixture on a rectangle of scone dough rolled to $\frac{1}{4}$ in. thick, roll it up, and bake it in a hot oven (400 degrees F.) for about $\frac{1}{2}$ hour. If desired, the roll can be cut into about 6 slices before being cooked and baked as meat pinwheels. Serve the roll with a good brown gravy, to which a few drops of Worcestershire sauce may be added, or tomato sauce.

Scone Mixture for Meat Roll

- | | |
|------------------------------------|--------------------------------------|
| 2 cups (8oz.) of sifted flour | $\frac{1}{2}$ level teaspoon of salt |
| 4 level teaspoons of baking powder | 2 tablespoons of shortening |
| About $\frac{2}{3}$ cup of milk | |

Rub the fat into the dry ingredients and mix them to a soft dough with the milk.

Tomato Sauce for Meat Roll

- | | |
|--|---|
| 3 level tablespoons of fat (butter when available) | $\frac{3}{4}$ level teaspoon of salt |
| 3 level tablespoons of flour | $\frac{1}{8}$ teaspoon of pepper |
| | $\frac{1}{2}$ cups of tomato puree or juice |

Cook the flour in the fat without browning it. Add the liquid a little at a time, stirring until it is smooth after each addition. Bring the sauce to the boil and add the seasonings.

Meat Shortcakes

Make scones, using half the scone recipe given for meat roll. Pour some of the creamed meat over the bottom halves of the hot buttered scones, replace the tops of the scones, and top them with the remaining creamed meat. Some of the meat may be replaced with hard-boiled eggs or cooked green peas. A little cooked celery or onion may be added if desired.

Mince Surprise

- | | |
|--|--|
| 1 lb. of cooked meat, minced | Salt and pepper |
| 1 small onion, very finely grated or chopped | $\frac{3}{4}$ cup of stock or tomato juice |
| | 1 egg, slightly beaten |

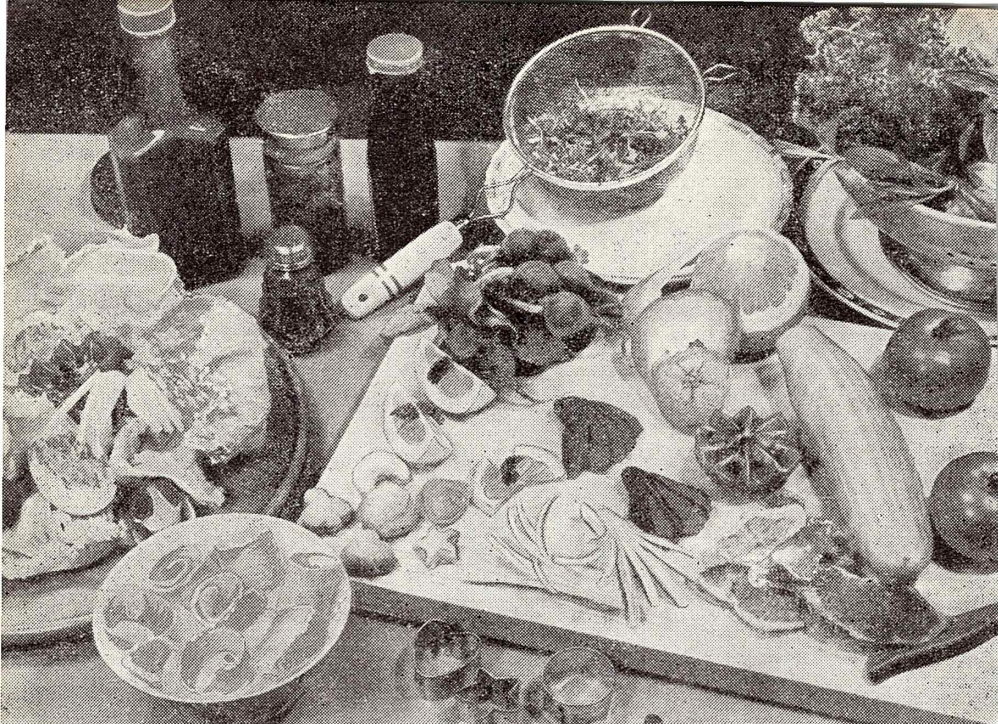
Mix all the ingredients together. Line greased individual moulds with mashed potato, which must not be too moist, and fill them with the meat mixture. Steam them for $\frac{1}{2}$ hour and turn them out. When rice is available it may be used instead of potato.

Steamed Savoury

- | | |
|----------------------------------|---|
| 1 tablespoon breadcrumbs | 1 cup minced cooked chicken, ham, fish, or left-over meat |
| 1 beaten egg | |
| 1 tablespoon fat | 1 dessertspoon chopped parsley |
| 1 tablespoon minced cooked onion | Seasoning |
| 1 cup hot milk | |

Mix all together. If using left-over meat, be sure mixture is sufficiently tasty. One teaspoon tomato or Worcestershire sauce would improve it.

Turn into a greased bowl and steam for 20 minutes.



10—Accompaniments and Sauces

FOR SAVOURY DISHES

PARSLEY is the most commonly used accompaniment and should be washed and drained and broken into sprigs, or finely chopped, just before being served.

Parsley Butter

1 heaped teaspoon of chopped parsley	Salt
1 teaspoon of lemon juice	Cayenne pepper (a few grains)
1 oz. of butter	

Warm and cream the butter. Work in the parsley, lemon juice, and seasoning. Leave to harden, then shape into pats.

Watercress is grown in water and should be gathered only from a safe source. Its colour and flavour provide an excellent accompaniment for fish, poultry, or grilled food and it can be used also in salads or sandwiches. Before use it should be washed in salted water, rinsed, and drained.

Mustard and cress may be grown very easily in a small box and used in the same way as watercress.

Mint provides an aromatic flavour for many dishes, and a sprig added to green peas and new potatoes enhances their flavour. It is used for mint sauce as an accompaniment to lamb and mutton and chopped in salads, or as a garnish to grapefruit or cold beverages.

Chives are a very small variety of onion. Their leaves give a mild onion flavour and pleasing colour to salads, mashed potatoes, savoury dishes, and sandwiches.

Celery, though used both raw and cooked as a vegetable, can make an attractive garnish when curled. To make celery curls cut stalks into $3\frac{1}{2}$ in. lengths, then slice these lengthwise, cutting to within $\frac{1}{2}$ in. of the end. Place in ice water or cold water to curl.

Cucumber may be served as a garnish for fish dishes, cold entrees, or salads. A cucumber can be given a decorative look by deckle edging, which is done by drawing the tines of a fork down the length of the cucumber before slicing it. Cones can be made by cutting a cucumber into thin slices, making one cut from the edge to the centre of the slices, and shaping.

Radishes.—When used as a garnish bright, round radishes can be made into roses. With a small sharp knife cut well into the radish from the tip toward the stem end, making 6 to 8 cuts. Cut back the "petals" and place the radish in ice water to curl.

Beetroot has an attractive colour, but should not be used with tomato or carrot, as these colours do not harmonise. It can be cooked and served in slices or grated raw.

Root Vegetables.—Carrots, parsnips, and turnips may be used either grated or cut into thin, matchlike strips about $1\frac{1}{4}$ in. long. Carrot curls are made by cutting wafer-thin strips lengthwise, rolling these round a finger, and placing them on ice. Carrot "flowers" are also attractive and are formed by making lengthwise cuts $\frac{1}{8}$ in. deep into a carrot, then cutting the carrot crosswise into paper thin slices. The petals will curl when placed for an hour or so in ice water.

Tomatoes may be sliced, cut into wedges, or shaped as "lilies". To make lilies use a sharp knife and shape the tomato by cutting in sawtooth fashion round it and into the centre. Fan-tans are made by slicing a peeled tomato in vertical slices not quite through and inserting slices of cheese or cucumber.

Gherkins and olives also make colourful garnishes and add a distinctive flavour to savoury dishes or salads.

Capers can be added to the sauce which accompanies boiled mutton, or to mayonnaise for serving with fish or vegetable salads.

Potatoes.—Chips, saratoga chips, or lattice potatoes may be served with grills or roast poultry. Saratoga chips are made by paring wafer-like slices from mature potatoes, soaking them in water, drying them, and frying them in deep hot fat (395 degrees F.) until crisp. They are then drained on absorbent paper and sprinkled with salt.

Hard-cooked egg can be used in a variety of ways, either cut into slices or with yolk and white separated. The yolk is put through a sieve and the white cut into shapes or chopped. For stuffed eggs the edges of the eggs may be serrated in the same way as tomatoes are for "lilies"

Bread.—Small cubes of bread fried and drained make a crisp garnish for cream soup or pea soup or for serving with hot entrees.

Pastry.—Fleurons may be made by cutting small fancy shapes from pastry and cooking them in a hot oven till crisp. They may be served with entrees, mince, and similar dishes.

Noodles in fancy shapes are used to garnish soups and savoury dishes.

Lemon is the ideal garnish for fish and may be cut and served in many attractive ways. To make lemon fans cut slices of lemon $\frac{1}{8}$ in. thick and cut each slice in halves. Cut the rind in halves again, leaving the centre whole. Splay into fan shapes and dip in chopped parsley or add a sprig of parsley at the centre.

Paprika or red pepper is mild in flavour but bright in colour and can be used on creamed dishes or poached or scrambled eggs, or to make a bright edging for lettuce leaves.

Cheese may be grated and served with salads, sprinkled in soup, or made into cheese balls. If dipped in paprika, cheese balls make a bright and tasty garnish. Cheese cut-outs made with fancy cutters are also a good garnish for salads.

Pineapple or orange slices are used to accompany pork or poultry.

ACCOMPANIMENTS FOR POULTRY

Meat	Stuffing	Extra accompaniments	Vegetables
Roast fowl	Bread, thyme, and parsley, or veal forcemeat or rice, ham and onion.	Thin gravy, bread sauce, small sausages, bacon rolls, watercress garnish.	Saratoga chips, new potatoes, peas, diced carrots, beans.
Roast turkey	Bread, thyme and parsley, or veal forcemeat or sausagemeat or chestnut (if available).	Thin gravy, bread sauce, small sausages or bacon rolls or ham or cranberry sauce (if available).	Roast potatoes, brussels sprouts, celery, artichokes.
Roast goose	Sage and onion or apple and raisin.	Gravy, apple or gooseberry sauce.	Roast or creamed potatoes, brussels sprouts, artichokes.
Roast duck	Sage and onion or prune or apple and onion.	Gravy, orange salad or apple, gooseberry, or orange sauce.	Roast or chip potatoes, braised celery, brussels sprouts, peas.
Boiled fowl		Parsley, hard-cooked egg, or oyster sauce, pickled pork or boiled ham.	Mashed or steamed potatoes, peas, beans.

Consistency of Sauces

White sauces may be made in five thicknesses for use in different dishes. The proportions of fat and flour given below are for 1 cup of milk:—

Sauce	Fat tablespoon	Flour tablespoon	Use
Very thin	1	$\frac{1}{2}$	Cream soups made from starchy foods
Thin	1	1	Cream soups made from non-starchy foods
Medium	2	2	Creamed dishes, scalloped dishes, sauces
Thick ...	2	3 to 4	Souffles
Very thick	$2\frac{1}{2}$	4 to 5	Croquettes

As a thickening agent $\frac{2}{3}$ tablespoon of cornflour or $1\frac{1}{2}$ tablespoons of wholemeal flour has the same effect as 1 tablespoon of flour. Water or stock may be used instead of milk, but a little more flour must be added.

General Rules

1. When flour or cornflour is used as thickening, the sauce should be cooked for a few minutes after it has come to the boil. That prevents the raw taste which occurs if the starch is not properly cooked.

2. If eggs are the main thickening agent, as in a custard sauce, the mixture must not be allowed to boil; it will thicken just before boiling point is reached. Cooking over water in a double boiler will ensure that the sauce does not boil and lose its smooth texture.

3. If the recipe requires both eggs and a starchy thickening, it is usual to cook the starch mixture first, then remove it from the stove and allow it to cool slightly before adding the beaten egg. A sauce with a light and fluffy texture will result if the yolk and white of the egg are beaten separately and the white added last to the cool mixture.

4. A small quantity of lemon juice ($\frac{1}{2}$ to 1 teaspoon to one cup of sauce) improves the flavour of white sauces. It should be added after cooking is completed or the sauce may curdle.

5. To keep a sauce hot, cover the saucepan with a tightly-fitting lid and stand it in hot water.

High-class cookery books recommend that all sauces should be strained to improve the texture, but that makes extra work, and ordinarily, if care is taken in preparation to avoid lumps, straining is not necessary.

Foundation White Sauce

Roux Method

2 tablespoons of butter or fat
2 tablespoons of flour
 $\frac{1}{4}$ teaspoon of salt

1 cup of milk
Pepper to taste

Melt the butter in a small saucepan, add the flour mixed with seasonings, and stir them over gentle heat until they are well blended but not brown. Pour the milk in a little at a time and stir constantly to prevent lumps. When all the milk has been added bring the sauce to the boil and boil it for 2 minutes, still stirring constantly. To make the sauce more quickly $\frac{3}{4}$ cup of the milk may be heated before being added to the sauce.

Cold-mix Method

2 tablespoons of fat
2 tablespoons of flour
Pepper to taste

1 cup of milk
 $\frac{1}{4}$ teaspoon of salt

Mix the flour and seasonings to a smooth paste with a little of the milk in a saucepan. Add the remainder of the milk and beat the mixture with a rotary beater. Heat it to boiling point, stirring constantly to prevent lumps forming. Add the butter and boil the sauce for 2 minutes.

Hot-mix Method

2 tablespoons of butter
2 tablespoons of flour
Pepper to taste

1 cup of milk
 $\frac{1}{4}$ teaspoon of salt

This is the quickest method. Boil the butter, salt, pepper, and $\frac{3}{4}$ cup of milk in a saucepan. Mix the flour to a smooth paste with the remainder of the milk. Pour the boiling liquid into the paste, stirring to prevent lumps. Pour the sauce back into the saucepan and boil it for 2 minutes, stirring constantly.

Sauce Variations

With the foundation sauce used as a base, the following varieties can be made:—

Parsley.—Add 2 to 4 tablespoons of finely chopped parsley. Serve with boiled mutton, fish, or vegetables.

Egg.—Add 1 diced, hard-cooked egg. Serve with boiled or steamed fish.

Cheese.—Add $\frac{1}{2}$ cup of grated cheese. Stir over low heat until the cheese melts. A half teaspoon of mustard may be added if desired. Serve with fish, eggs, or vegetables.

Anchovy.—Add 1 to 2 teaspoons of anchovy sauce or paste. Serve with fish.

Caper.—Add 2 to 4 tablespoons of capers. Serve with boiled mutton.

Oyster.—Make the foundation sauce, using half milk and half oyster liquor. Add 1 teaspoon of lemon juice, $\frac{1}{2}$ teaspoon of sugar, and a dash of nutmeg. Just before serving add 6 chopped oysters. Serve with omelettes or fish custard.

Tomato.—In the foundation sauce recipe substitute 1 cup of thin tomato puree for the cup of milk. Add $\frac{1}{2}$ teaspoon of grated onion. Serve with fish, meat loaves, croquettes, or omelettes.

Veloute.—In the foundation sauce recipe substitute 1 cup of veal or chicken stock for the cup of milk. Serve with grilled or baked fish or croquettes.

Bechamel.—Use chicken stock or milk and cook in it 1 slice of onion, 1 slice of carrot, $\frac{1}{2}$ bay leaf, stalk of celery, sprig of parsley, and 4 peppercorns. Strain and make as for the foundation sauce. A half cup of thin cream may be added. Serve with chicken.

Mock Hollandaise.—In the foundation recipe substitute water for the milk and add 2 tablespoons of butter. Stir until blended. Just before serving add 2 teaspoons of lemon juice and 1 egg yolk, slightly beaten. Serve with fish or lamb chops.

Mustard.—Add 2 teaspoons of prepared mustard. Serve with corned beef.

Brown Sauce

2 tablespoons of fat	$\frac{1}{2}$ teaspoon of salt
3 tablespoons of flour	Pepper
1 cup of meat stock	Few drops of Worcestershire sauce

Make as for white sauce, but brown the flour in the fat.

Hollandaise Sauce

2oz. of butter	$\frac{1}{2}$ teaspoon of salt
1 tablespoon of vinegar	Pepper
2 tablespoons of water	Few drops of Worcestershire sauce

Put the water, vinegar, and egg yolks in the top of a double boiler over hot water and heat them, stirring constantly, until the sauce thickens. Take it from the heat and add the butter in small pieces, letting each piece melt before more is added. Add the lemon juice and seasoning. This sauce must not boil or it will curdle.

Tartare Sauce

$\frac{1}{2}$ cup of mayonnaise or salad dressing	2 teaspoons of lemon juice
4 spring onions	

Mince the onions, using only the white root end, and mix them with the lemon juice and mayonnaise. Heat the sauce through, but do not boil it.

Mayonnaise

2 tablespoons of butter	1 teaspoon of dry mustard
2 eggs	$\frac{1}{2}$ teaspoon of salt
1 tablespoon of sugar	1 small cup of vinegar
$1\frac{1}{2}$ tablespoons of flour	1 cup of milk

Melt the butter, stir in the flour, add the milk gradually, and cook the mixture until it is thickened, stirring continually. Beat the eggs, mustard, vinegar, sugar, and salt together and add them gradually to the flour mixture. Take care not to overcook the mayonnaise when the egg mixture has been added.

This dressing will keep for about a week if it is stored in a cool place.

Horse-radish Sauce for Roast Beef

3 tablespoons of grated horse-radish	$\frac{1}{4}$ cup of honey
$\frac{1}{2}$ cup of top milk or cream	1 tablespoon of vinegar

Warm the honey until it is liquid and add it to the milk and horse-radish. Add the vinegar gradually. Stand the sauce aside in a cool place until it is ready to use.

Honey Mint Sauce for Lamb Chops or Roast Mutton

1 cup of honey	$\frac{1}{4}$ cup of chopped mint
2 tablespoons of vinegar	$\frac{1}{2}$ cup of water

Heat the water and vinegar, dissolve the honey in the liquid, then add the mint. Use the sauce to baste roast mutton or serve it separately at the table.

Tree Tomatoes

With pork, sausages, bacon, and other fatty foods, tree tomatoes give the necessary sharp-flavoured contrast. Skin and slice 6 tree tomatoes and put into a saucepan with 1 tablespoon of dripping, bacon fat, or butter, 1 teaspoon of sugar, 1 small onion chopped small, salt and pepper, and a little stock, gravy, or water. Stew gently until the tree tomatoes soften, and thicken with 1 dessertspoon of flour or $\frac{1}{2}$ dessertspoon of cornflour mixed smooth with water or stock. These savoury stewed tree tomatoes can be served with meat dishes or on toast for breakfast or lunch. With bacon or other fried foods tree tomatoes can be skinned, cut in thick slices, and fried. For use with grilled chops or steak, cut the tomatoes in halves lengthwise, coat with seasoned flour, and grill in the pan with the meat. For other made dishes such as macaroni cheese, meat shapes, curries, and reheated minced meat hashes and stews the inclusion of tree tomatoes gives added zest and interest. Skin, slice, and add according to taste.

Apple Sauce

$\frac{1}{2}$ lb. of apples	$\frac{1}{4}$ cup of water
1 oz. of butter	Pinch of nutmeg
1 tablespoon of brown sugar	Pinch of salt

Peel, core, and slice the apples and put them in a saucepan with the water, sugar, salt, and nutmeg. Cook them to a pulp, stirring frequently with a wooden spoon. Add the butter and beat the sauce until it is smooth.

Savoury Grapefruit Sauce

(To serve with roast poultry)

$\frac{1}{2}$ pint of white stock	1 tablespoon of butter
3 tablespoons of chopped celery	Grated rind and juice of 1 large grapefruit
1 tablespoon of cream or top milk	
2 egg yolks	

Put the stock, celery, and grated rind in a saucepan, bring them to the boil, simmer them slowly for 15 minutes, and strain them. Return them to the pan and add the strained juice. Bring the mixture to the boil again, remove the pan from the heat, and add the egg yolks and cream. Keep the mixture hot, but do not allow it to boil, and stir in the butter just before serving the sauce.

Orange Sauce

$\frac{1}{2}$ teaspoon of grated orange rind	2 tablespoons of flour
1 cup of orange juice	1 tablespoon of brown sugar
$\frac{1}{8}$ teaspoon of salt	

Mix the flour, seasonings, and sugar to a smooth paste with $\frac{1}{4}$ cup of water. Add the orange juice hot, stirring well, and cook the sauce until it is thickened, stirring all the time. Add the grated rind.

Bread Sauce

$\frac{1}{2}$ pint of milk	Pinch of cayenne pepper
2oz. of breadcrumbs	1oz. of butter
$\frac{1}{2}$ small onion stuck with two or three cloves	Pepper and salt

Put the milk in a saucepan, add the onion and cloves, and heat them very gently, simmering until the milk is well flavoured. Remove the onion and cloves, add the breadcrumbs, and cook the sauce slowly, stirring until the breadcrumbs swell and thicken it. Add the butter and seasoning.

GRAVY

Remove the roast to a hot plate and pour the fat from the roasting pan, leaving the brownings and a little fat. Use equal amounts of fat and flour by measure. Sprinkle the flour into the pan, allowing $1\frac{1}{2}$ tablespoons for each cup of gravy required, and brown it in the fat. Then add hot liquid gradually, stirring the gravy to make it smooth. The liquid can be water, but use vegetable stock if it is available, for it adds flavour and makes use of the minerals and vitamins dissolved from the vegetables. Bring the gravy to the boil, and boil it for about a minute. Season the gravy, remembering that if vegetable water has been used, it may contain some salt already.

Yorkshire and Batter Pudding

4oz. of flour	Pinch of salt
1 large egg	About 1 tablespoon of dripping
$\frac{1}{2}$ pint of milk	

Sift the flour and salt into a mixing bowl, make a well in the flour, break the egg into the centre, and stir with a wooden spoon, adding half the milk gradually. Stir until the mixture is smooth, then beat it well for 5 minutes and stand it aside in a cool place for at least 20 minutes. Heat the dripping in a shallow roasting tin or fireproof dish until it is very hot, moving the dish so that the sides are greased. Stir the remaining milk into the batter, pour it into the hot baking dish, and cook it in a hot oven for 20 to 30 minutes.

This recipe makes a Yorkshire pudding for serving with roast beef, but it can also be used for toad-in-the-hole and sweet puddings. For sausage toad-in-the-hole, skin the required number of sausages and roll them lightly in flour. Arrange the sausages in the dish when the dripping has heated, then pour the batter around them and bake it as for the Yorkshire pudding. Convenient-sized pieces of rump steak or fillet of veal make variations for toad-in-the-hole.

Herb and Oatmeal Pudding or Dumplings

$\frac{1}{2}$ lb. of oatmeal	1 or 2 onions
$\frac{1}{4}$ lb. of chopped suet	1 teaspoon of chopped parsley
$\frac{1}{8}$ teaspoon of baking soda	$\frac{1}{4}$ teaspoon of thyme or mixed herbs
Milk, water, or stock to mix	Pepper and salt

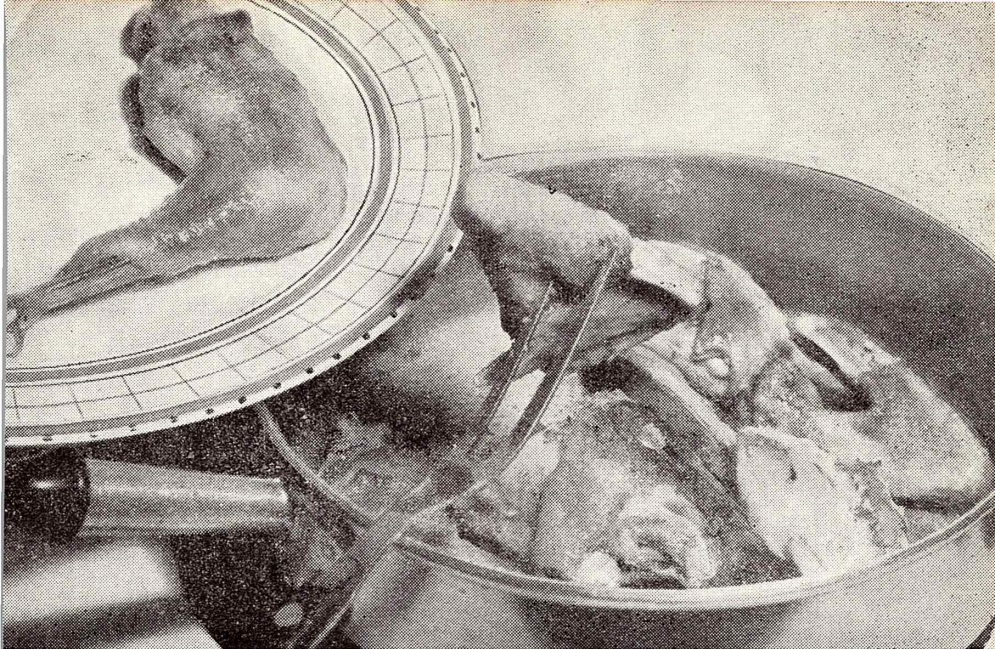
Parboil the onions and chop them finely. Combine the dry ingredients, add the onions, and mix them to a soft, dropping consistency with onion liquor or other liquid. Turn the mixture into a greased basin, steam it for $1\frac{1}{2}$ hours, and serve it with gravy for a lunch dish.

For dumplings, make the mixture slightly stiffer, roll it into balls, and drop it into mince, brown stew, or soup.

Savoury Pudding to Serve with Roast Pork

4oz. of breadcrumbs	3oz. of chopped suet
4oz. of oatmeal	$\frac{1}{4}$ teaspoon of powdered sage
2 tablespoons of finely-chopped or grated onion	Salt and pepper

Soak the bread thoroughly (overnight if possible), squeeze it dry, and beat it with a fork. Add the other ingredients, mix well, and moisten them with milk or meat stock to make a stiff mixture. Put it into a well-greased roasting tin and bake it in a moderate oven for about 40 minutes. Cut it into fingers and serve them hot with roast pork.



11—Plans for Poultry

IF poultry is to be bought, the housewife needs to go shopping with some knowledge of how to judge the age and tenderness of a bird. Old birds are likely to be tough. Choice of cooking methods is governed to a considerable extent by the age of the bird. The feet and legs of a young bird are soft and smooth, and with age the legs become coarser and scaly. The skin of an old bird is coarser than that of a young one. The best test for age is to press the end of the breastbone furthest from the head; if the bird is young, there is a decided "give" in the bone, but the end of an old bird's breastbone is quite hard and rigid. In ducks and geese the hardness of the windpipe increases with age, so the windpipe of an old bird is less easily indented when pressed.

Freshness can be judged by the condition of the feet, eyes, skin, and flesh: The feet should be moist and soft rather than hard and dry; the eyes should be bright and full, not shrunken; the skin should be clear, unbruised, and unbroken; and skin and flesh should be soft, yet firm, and not flabby.

A plump, compact, well-fleshed bird has a higher proportion of meat to bone than a bird with long bones. About an eighth of the weight of a bird is lost in dressing and about another fifth in drawing, so the weight of a dressed and drawn bird is about two-thirds of its live weight.

Preparing the Chicken

When poultry is bought it is usually fully drawn, but if it is killed on the farm, the dressing is often done by the housewife, so here are some hints which may be helpful:—

Plucking is easier if done while the bird is still warm, but if it has had to be left, the bird can be plunged into boiling water, though only for a few moments, as longer immersion tends to make the skin tough. Begin the plucking by removing all the soft feathers, taking a few at a time and being careful not to tear the skin; then pull out the hard feathers.

Singeing.—The flame from a lighted piece of folded paper or a wax taper will singe off the soft down and hairs, but care should be taken not to scorch or smoke the skin. A small piece of cotton wool tied to a stick and soaked in methylated spirit gives a smokeless flame which is good for singeing poultry.

Drawing.—First cut off the head about 3in. from the body. Split the skin down the back of the neck, loosen it, and remove the neck where it joins the body. Take out the crop by inserting the fingers at the neck and breaking the threads which attach it to the frame. Cut a piece off the vent, then make another cut crosswise. With the fingers, loosen the inside and carefully draw it out, taking care not to break the gall bladder or the liver, as even one drop of the contents will give a bitter, unpleasant taste to any flesh it touches. Make sure the lungs are entirely removed. Cut through the thickest part of the gizzard until the inner lining is reached, remove the gritty contents, and peel off the lining. Put the neck, cleaned gizzard, and the liver, with gall bladder removed, on one side. Cut the tips off the wings and put them with the giblets. Make a lengthwise cut in the leg under the "knee joint" and remove the tendons, of which there are seven in each leg; pick them up singly with a strong skewer and pull them from the drumsticks, then cut off the feet at the leg joint. Cut out the oil sac at the point of the "parson's nose". Wipe the inside of the bird with a damp cloth but do not wash it, wipe over the outside, and dry the skin. If the backbone is crooked, flatten it with a rolling pin so that the bird will rest evenly on the roasting tin and serving dish. Set the bird aside in a cool safe until it is required to be stuffed and trussed before being cooked.

Trussing the Chicken

Fill the neck with stuffing, pushing it well up toward the breast, but do not pack it too tightly, as there must be sufficient room for it to expand in cooking. Turn the flap of skin over to the back. Fill the body cavity with stuffing. Turn the wings so that they lie close to the sides with the points under the back and over the neck flap. Thread a trussing needle or large darning needle with fine string and sew the neck flap to the back, pull the wings into place, and tie the string over them. Push the legs back close to the body; tie a string round the bone at the end of one leg, thread the needle again, insert it through the tail, tie the end of string over the other leg bone, and pull it tight, tying it securely with the two ends of the drumsticks close to the tail.

Old Hens

An old hen should not be despised as a table bird. There are many misconceptions about the old hen. Some people condemn females as table birds, others say second-year birds are tough, and some insist on using only heavy-breed varieties. Neither the age nor the variety matters very much if the bird is well fleshed, especially on the breast, keel, and legs, in which case it can be cooked so that it will be tender and can compare favourably with any other kind of poultry. It is more important to have some idea of the age of the bird, not so much in terms of months or years, but by the classification of young, very young, or not young. The bird should then be cooked according to its classification.

Roast Chicken

Young chickens or birds which have just reached maturity are best for roasting. After being dressed the bird can be stuffed at the crop and in the body cavity with one of the stuffings for which recipes are given later. Fill the crop and shape it to continue the line of the breastbone; do not fill it too full, as some allowance must be made for the stuffing swelling during the cooking. The skin should be secured by skewers or stitching or the stuffing will escape and spoil the finished appearance of the bird. Skewers and thread should be removed when the poultry is dished.

Put the birds into a roasting pan, breast side up, with plenty of fat for basting. Have the oven temperature 325 to 350 degrees and allow 20 to 25 minutes for each lb. dressed weight of the bird; for example, a 3½ lb. chicken needs to be cooked for 1 hour 20 minutes to 1½ hours. For the first hour cook it with the breast side up, then turn it on to the breast for 15 minutes, and finish the cooking with the breast upward again. Slices of bacon may be laid over the breast and legs, and sausages roasted in the pan with the bird.

Do not use a fork to turn the bird while it is cooking or the skin will break where it is pierced; use pieces of kitchen paper to protect the fingers and lift the chicken by the head and tail ends. Do not season the outside, and do not use water in the roasting pan or put a cover over it; if that is done, the chicken will be steamed instead of roasted and the skin may break and will not be crisp.

Gravy.—The giblets—that is, the heart, liver, neck, and gizzard—make a good gravy. Prepare them by removing the gall bladder and any discoloured portions from the liver. Cut through the thickest part of the gizzard, remove the gritty contents, and peel off the inner lining. Wash the heart and neck. Peel and slice a small onion and brown it in a tablespoon of melted dripping. Add the prepared giblets, ½ teaspoon of salt, a sprig of thyme, some parsley, a little pepper, and a pint of water or stock. Simmer them gently for 1 hour. Take out the liver, mash it well, and return it to the saucepan to simmer for a few minutes longer. Strain the liquor and use it to make a thick brown gravy in the roasting pan in the usual manner.

Serve roast chicken on a hot dish with the sausages and bacon, the brown gravy, and bread sauce.

Fried Chicken

Cut a young fowl in serving pieces, wash them in cold water, and drain them, but do not dry them. Sprinkle the pieces with salt and pepper, dredge them thickly with flour, and fry them in bacon fat in a heavy pan until they are well browned and tender. If the fowl is not young, cover the pan closely after browning the meat and cook it until it is tender, or boil it until it is almost cooked and then fry it.

Serve the chicken with white sauce, made by the same method as that described for creamed chicken from 4 tablespoons of fat, 4 tablespoons of flour, 2 cups of top milk, and seasonings.

Fried Chicken in Batter

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| 1 young chicken, cut into serving pieces | 1 small onion, chopped finely |
| 2 eggs | 1 tablespoon of chopped parsley |
| 1 tablespoon of melted butter | 2 tomatoes |
| A little gravy or stock | Salt and pepper |
| 2/3 cup of flour | |

Beat the yolks of the eggs and stir in the cooled melted butter, a little gravy, and the flour. Pour in 1 cup of cold water to make a smooth batter and put it aside to set. Whip the egg whites until they are stiff and add them to the batter, also stirring in the parsley and onion. Dredge the pieces of chicken with flour, dip them in the batter, and fry them in hot fat. Drain the fried chicken on soft paper and serve it on a hot dish garnished with parsley, slices of fresh tomato, and small strips of fried bacon.

Boiled Fowl and Chicken Sauce

The fowl may be left whole or cut up. Half cover it with salted boiling water and simmer it, closely covered, for 2 to 3 hours, or even longer if the bird is old. The boiled fowl may be served with chicken sauce or it may be used for chicken fricassee, chicken pie, creamed chicken, or other recipes using cooked fowl. The stock may be used for sauce or soup.

The recipe for chicken sauce is:—

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| 2 cups of chicken stock | 4 tablespoons of fat (chicken fat or butter) |
| 4 level tablespoons of flour | Seasoning |

Brown the flour slightly in the fat. Add the stock gradually, stirring well until the sauce thickens and comes to the boil. The sauce may be varied by cooking the flour in the fat without browning it and adding 2 hard-cooked eggs cut in $\frac{1}{4}$ in. slices to the finished sauce.

Boiled Fowl with Oatmeal Stuffing

- | | |
|-----------------------------------|---------------------------------------|
| 1 old fowl | 1 beaten egg |
| $\frac{1}{2}$ lb. of oatmeal | 1 teaspoon of chopped parsley |
| $\frac{1}{2}$ lb. of bread | $\frac{1}{2}$ teaspoon of mixed herbs |
| $\frac{1}{4}$ lb. of chopped suet | Salt and pepper |
| 1 small onion, chopped finely | Milk |

Soak the bread in hot water, squeeze it dry, and beat it with a fork. Add the oatmeal, suet, onion, parsley, herbs, salt, and pepper. Moisten the stuffing with beaten egg and milk.

Stuff the old fowl with the mixture, filling the crop no more than half full, as the stuffing swells considerably. Secure the stuffing well by stitching and skewering. Put the prepared fowl into a saucepan and cover it with cold water. Bring it slowly to the boil and simmer it gently for 3 hours.

Sauce to pour over the fowl:—

1 tablespoon of butter	$\frac{1}{4}$ pint of milk
1 tablespoon of flour	$\frac{1}{4}$ pint of chicken liquor
2 hard-boiled eggs	

Melt the butter, stir in the flour, and add the milk and $\frac{1}{4}$ pint of the liquor in which the fowl is boiled. Cook the mixture until it is smooth and thick. Add the chopped-up whites of the eggs. Pour the sauce over the boiled fowl and then sprinkle the sieved yolks over the top.

Fricassee of Fowl

Use a boiled fowl which has been cut up before being cooked. Drain the pieces and keep the stock for the gravy. Roll each piece in flour seasoned with salt and pepper and fry them in a little fat until they are brown. Make gravy by browning flour in fat (3 tablespoons of flour and 3 tablespoons of fat for each cup of liquid) and adding stock gradually, stirring well to avoid lumps. Season the gravy and simmer the browned pieces of meat in it until they are quite tender.

Creamed Chicken

4 tablespoons of flour	1 cup of chicken stock
4 tablespoons of butter	2 cups of cooked and diced chicken
$1\frac{1}{2}$ teaspoons of salt	Buttered toast
$\frac{1}{4}$ teaspoon of pepper	Parsley
1 cup of milk	

Make a sauce by cooking the flour in the fat and stirring in the milk and chicken stock gradually. Add the chicken and seasoning and heat the mixture. Serve it on the hot toast, sprinkled with chopped parsley.

Chicken Pie

1 old fowl	Sprigs of thyme
2 onions, chopped	3 hard-boiled eggs
$\frac{1}{2}$ lb. of ham or bacon, cut into small squares	Chopped parsley
A few peppercorns	Salt
	Short pastry

Cut the fowl into neat, small pieces and put it into a saucepan with the ham or bacon, the onions, and the peppercorns and thyme tied in a muslin bag. Cover them with cold water, add salt, bring the water to boiling point, and simmer the ingredients gently until the meat is quite tender. Turn the contents of the saucepan into a bowl, remove the seasoning bag, and leave the remainder until it is cold; skim off the

fat. Put a layer of fowl into a pie dish, pour in a little of the gravy, and cover it with a layer of hard-boiled egg and chopped parsley; repeat the layers until the dish is filled. Cover it with a short-pastry crust and bake the pie in a hot oven until the pastry is crisp and nicely browned.

Chicken Pie

Meat from 1 boiled fowl	1 medium-sized sliced onion
$\frac{3}{4}$ cup of chopped celery (can be omitted if not available)	2 tablespoons of flour
2 tablespoons of fat (chicken fat, bacon fat, or butter)	2 cups of stock
	1 egg, cooked hard and sliced
	Salt and pepper

Cook the vegetables in the chicken stock, strain them, and add them to the cut-up meat. Cook the flour in the fat and make a sauce with the stock. Add seasoning, meat, and vegetables, bring the mixture to the boil, and pour it into a greased casserole. Top it with the egg slices and arrange rounds of scone dough on top while the chicken mixture is still hot. Bake the pie in a hot oven (425 degrees F.) for 15 to 20 minutes.

To make the scone mixture for the pie crust mix 2 cups of sifted flour, 4 level teaspoons of baking powder, 2 level teaspoons of fat, and $\frac{1}{2}$ teaspoon of salt with about $\frac{2}{3}$ cup of milk.

Savoury Rice with Chicken

2 cups of cooked rice	2 rashers of cooked ham or bacon
1 large onion, sliced finely	1lb. (about) of chopped cooked chicken
$\frac{1}{2}$ cup of sultanas	Salt and pepper
$\frac{1}{2}$ cup of peanuts	
1 large carrot	

Lightly fry the cooked rice in about 1 tablespoon of fat. Use a large pan and stir all the time. Place it on a hot dish and keep it warm in a moderate oven. Fry the onion and drain it on paper. Meanwhile fry the sultanas and peanuts together, salt them, and mix them with the onions and rice. Keep all these warm. Heat up the ham or bacon (chopped small) and the chicken, sprinkle them on top of the rice mixture, and garnish with grated raw carrot and chopped parsley.

Ham-and-chicken Brawn

1 old fowl	Thyme, parsley, peppercorns, and 2
1lb. of ham or bacon	cloves tied in a muslin bag
Pepper and salt	

Cut the fowl into joints, put it into a saucepan with just enough water to cover it, and add the bacon, herbs, spices, salt, and pepper. Simmer it gently for 3 hours. Cut the meat into very small pieces. Rinse a large mould or pudding basin with cold water, pack in the meat, and strain enough of the liquor over it to make the jelly between the pieces of meat. If desired, pieces of hard-boiled egg and tomato may be set in the bottom of the mould for decoration.

DUCK

Duckling and Green Peas

Roast two ducklings for 1 hour at 325 degrees. Put a tablespoon of butter into a large saucepan, brown it slowly, and add 1 tablespoon of flour. Add 1 cup of water while stirring continually, add salt and pepper, and bring the sauce to the boil. Lay the ducklings in the sauce and add the desired quantity of green peas. Cover the pan and stew the birds gently for 20 minutes.

Roast Duck

Dress the duck, stuff it, dredge flour over it, and put it into a roasting pan with dripping. Cover the breast with a buttered paper and roast the bird at 325 degrees, allowing 20 to 25 minutes per lb. Serve the birds with gravy made from the giblets and apple sauce.

Stewed Duck

1 old duck
2 onions, sliced
Sage

Beef gravy or stock
Flour
Dripping

Melt the dripping in a large saucepan and brown the duck and sliced onions. Pour off the fat, cover the bird with thinned beef gravy or stock, and add salt, pepper, and a sprig of sage. Cover the pan and simmer the bird gently for 1 to 1½ hours. Strain off the liquor and thicken it with a little flour. Pour it back into the saucepan and bring it to boiling point. Put the stewed duck on a deep serving dish with freshly cooked green peas round it.

Cooking an Old Duck

Prepare the duck and stuff it as for roasting. Melt some dripping in a saucepan and braise the duck for about ¼ hour, turning it several times. Add a breakfast cup of cold water, cover the bird, and simmer it for 4 hours. Even a duck up to 5 years old is tender and appetising if cooked in this manner.

Goslings and Geese

Geese are cooked in the same ways as described for ducks, allowing 20 to 25 minutes' roasting at 325 degrees for each 1lb. dressed weight. If the goose is old, steam it for 1 hour before roasting. Goslings are not usually stuffed but are roasted with a pat of seasoned butter in the body cavity. Goose gravy can be sharpened with a few drops of vinegar or lemon juice added just before it is poured into the gravy boat.

TURKEY

Roast Turkey

Turkeys are roasted in the way described for chickens and stuffed with one of the stuffings. Slow, gentle roasting gives best results, leaving the meat tender and juicy and the skin browned and crisp without being toughened.

Prepare the turkey, stuff the crop and body cavity, secure the stuffing firmly, and cover the breast with slices of fat bacon. Allow 10 to 15 minutes roasting for each 1lb. of dressed weight. Cook the bird at 300 to 325 degrees, basting it frequently and turning it over two or three times while it is cooking. Half an hour before the roasting is finished remove the bacon from the breast and put sausages in the pan. Make the giblets into stock for the gravy as described for roast chicken.

Serve bread sauce, bacon, and sausages with roast turkey.

Older Turkeys

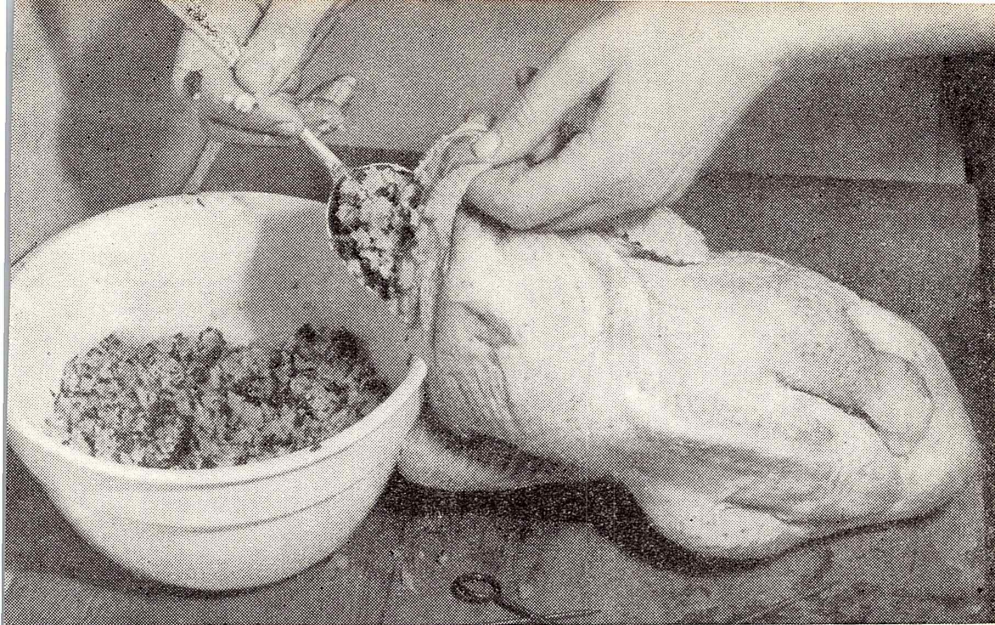
An old turkey can be boiled for $1\frac{1}{2}$ to 2 hours, then served covered with white sauce made from the liquor and sprinkled with chopped parsley or hard-boiled egg yolk.

If preferred, it may be roasted for $\frac{1}{2}$ hour or until lightly browned after being boiled. The bird should be dredged with flour and basted frequently with plenty of hot fat or it will be dry and tasteless. Old turkeys boiled until tender are good for made-up dishes, for which the remains of a roast turkey can also be used.

Turkey Loaf

Take the bones from a boiled turkey or the remains of a roast turkey, and mince the meat with a small onion. Season it well with pepper, salt, 1 teaspoon of chopped parsley, and a little grated nutmeg. Moisten the meat with gravy and bind the mixture with beaten egg. Form it into a roll and flour it well. Roll it in a floured cloth and put it into a saucepan containing just enough boiling water to cover it. Add an onion and a carrot to the water and gently simmer the loaf for $1\frac{1}{2}$ hours. Remove the cloth and serve the loaf hot, or leave it until it is cold, glaze it, and serve it with salad.

The glaze for a cold turkey loaf is made by soaking 1 flat teaspoon of gelatine in 1 tablespoon of water, putting it in a saucepan with $\frac{1}{2}$ teaspoon of meat or vegetable extract and another tablespoon of water, and heating until the gelatine is dissolved. Wipe the loaf with a cloth wrung out of hot water and brush the glaze over it.



12—Savoury Stuffings

SAVOURY stuffings of all kinds need stale bread as a basis. Enclose them in joints, poultry, rabbits, or fish, bake or fry them as force-meat balls, or cook and serve them separately in an ovenware dish.

Sage and Onion Stuffing

(For ducks, pork, colonial goose, etc.)

1lb. onions
8 sage leaves

Salt and pepper
2 large tablespoons stale breadcrumbs

Peel the onions, boil them for about 10 minutes, strain, and chop finely. Add the sage (previously dried in a slow oven or on a rack and powdered between the fingers), breadcrumbs, salt, and pepper. The onions are usually moist enough to bind the mixture, but some of the onion water can be added if the stuffing is too dry and crumbly.

Seasoning

3 tablespoons of chopped parsley
6 tablespoons of fine breadcrumbs
9 tablespoons of chopped suet
 $\frac{1}{2}$ teaspoon of salt

1 to 2 teaspoons of thyme
 $\frac{1}{2}$ lb. of sausages
1 egg
Juice of 1 lemon

Make breadcrumbs from pieces of stale white or brown bread with the crusts removed. Chop the parsley coarsely and the suet very finely. If using fresh thyme, put the sprigs in a cool oven to dry, then strip the leaves from the stalk. Skin the sausages, and mix them with the parsley, thyme, suet, salt, and breadcrumbs, moisten them with lemon juice, and mix them with sufficient slightly-beaten egg to bind the mixture.

Stuffing using Soaked Stale Bread

8oz. stale bread (crusts included)	4 tablespoons chopped parsley
1 onion or leek	2 teaspoons mixed herbs
1 stick celery	1 egg
1oz. dripping or suet	Salt and pepper

Soak the crusts in water until soft, squeeze them dry, and place in a basin. Beat them with a fork to remove lumps. Mix with finely-chopped onion and celery, add suet or dripping (melted), parsley, herbs, salt and pepper, and finally the egg.

Bread Stuffing (to make about $2\frac{1}{2}$ cups)

2 cups of soft breadcrumbs	1 medium-sized onion, minced or sliced finely
1 teaspoon of salt	3 tablespoons of melted bacon fat or dripping
1 teaspoon of mixed herbs	
Chopped parsley	
Pepper	

If the fat is insufficient, a beaten egg may be used to bind the mixture. The onion may be browned in the fat if desired, and small pieces of lightly-cooked bacon may be added for additional flavour.

Stuffing for Pocket of Veal

2 cups of breadcrumbs	4 rashers of bacon
2 tablespoons of chopped parsley	1 teaspoon of thyme leaves
Juice of $\frac{1}{2}$ lemon	Salt and pepper
1 beaten egg	

Strip the leaves from sprigs of thyme, chop the parsley, beat the egg slightly, crumble the bread, and cut the bacon into small squares. Mix all these ingredients and season them with salt, pepper, and lemon juice.

Cut a deep slit in a thick veal steak, pack in the stuffing, and secure the opening with skewers or by sewing it with a coarse thread. Lay rashers of fatty bacon over the veal and roast it, basting it occasionally with bacon fat.

Oatmeal Stuffing

This stuffing is good with a boiling fowl, as it improves with the long boiling and does not escape into the liquor as would breadcrumb stuffing.

$1\frac{1}{2}$ cups of oatmeal	2 onions
3 tablespoons of chopped suet	Herbs, pepper and salt to taste
Milk or egg to bind	

Chop the onions very finely and mix them with the other ingredients, adding sufficient beaten egg or milk to bind the mixture to a stiff consistency.

Apple and Raisin Stuffing

(For goose or turkey)

$\frac{1}{2}$ cup of diced bacon	6 medium tart apples (diced)
1 cup of chopped celery	1 cup of seedless raisins
1 cup of chopped onion	$\frac{1}{2}$ cup of chopped parsley
7 cups of breadcrumbs	2 teaspoons of salt
$\frac{1}{4}$ cup of sugar	$\frac{1}{4}$ teaspoon of pepper

Saute the bacon until crisp and remove from the pan. Cook the celery, onion, and parsley in the fat for 3 minutes and remove. Put the apple in the fat, sprinkle with the sugar, cover, and cook slowly till glazed. Add all the ingredients and combine well.

Roast Goose with Apple and Raisin Stuffing

$\frac{1}{2}$ cup of diced salt pork or bacon	$\frac{1}{2}$ cup of chopped parsley
1 cup of chopped celery	6 medium-sized tart apples, diced
1 cup of chopped onion	2 teaspoons of salt
7 cups of soft breadcrumbs	$\frac{1}{4}$ teaspoon of pepper
$\frac{1}{4}$ cup of sugar	1 cup of seedless raisins

Fry the bacon, remove it from the pan, and cook the celery, onion, and parsley in the fat for 3 minutes. Remove the vegetables. Put the apples in the pan, sprinkle them with the sugar, and cook them slowly until they are glazed. Mix all the ingredients. If more liquid is needed, use egg and milk. This makes enough stuffing for a 10 to 12lb. bird.

Goose

After securing the openings and trussing the bird, roast it as directed for roast fowl, allowing 20 to 25 minutes per pound.

Apple Stuffing

2 cups of chopped apples	1 cup of soft breadcrumbs
1 tablespoon of chopped onion	2 tablespoons of dripping or butter
Salt and pepper	Water or stock

Melt the dripping, fry the onion until it is lightly browned, then stir in the apples. Remove the pan from the heat and stir in the breadcrumbs, salt and pepper, and sufficient water or stock to moisten the mixture.

Apple Stuffing for Duck

Five tart apples and a medium-size onion make enough stuffing for one duck. Peel the apples and onion, cut them in small pieces, and add a pinch of salt and pepper to taste.

One of the apples may be replaced by $\frac{1}{2}$ cup of chopped celery and some parsley.

Bacon Stuffing

$\frac{1}{2}$ cup of chopped fried bacon	1 teaspoon of chopped parsley
1 tablespoon of minced onion	$\frac{1}{4}$ cup of meat stock or milk or 1 beaten egg
1 tablespoon of bacon fat	
2 cups of breadcrumbs	

Mix all the ingredients together and use the stuffing for rabbit, chicken, or turkey.

Bread, Thyme, and Parsley Stuffing

(For a 4lb. fowl)

2 cups of stale breadcrumbs	1 tablespoon of chopped parsley
1 teaspoon of dried thyme	$\frac{3}{4}$ teaspoon of salt
1 tablespoon of minced onion (optional)	$\frac{1}{8}$ teaspoon of pepper
	2 to 3oz. of butter

Melt the butter and add the other ingredients. Stuff the fowl in the body and neck. Sew up and skewer.

Celery Stuffing

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| 3 cooked mashed potatoes | 1 egg |
| 2 tablespoons of fat | 1 onion |
| 3 sticks of celery | Pepper and salt, herbs to taste |

Saute the onion and celery in fat and mix these vegetables with the mashed potato. Blend them with the egg and add the seasoning; then mix the whole well. Celery stuffing can be used for pork, game, fish, beef, or veal.

Giblet Stuffing

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|------------------------|--|
| 1 set of giblets | Milk |
| 2 minced onions | Salt, pepper, and crushed herbs to taste |
| 2 cups of soaked bread | |

Soak stale bread in milk and squeeze it dry before measuring it. Cut the cooked heart, liver, and gizzard into small pieces. Mix all the ingredients together.

Herb Stuffing

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|---------------------------------|---------------------------------|
| 2 cups of breadcrumbs | Leaves from 2 sprigs of thyme |
| 2oz. of chopped suet | Salt and pepper |
| 1 rasher of bacon, cut small | 1 teaspoon of grated lemon rind |
| 1 tablespoon of chopped parsley | 1 egg, beaten |

Mix all the ingredients but the egg together and bind them with the beaten egg, adding a little milk if necessary.

Oyster stuffing is suitable for a special occasion. The recipe is:—

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| 2 cups of soft breadcrumbs | $\frac{1}{4}$ teaspoon of pepper |
| $\frac{1}{2}$ cup of melted fat (butter if available) | $\frac{1}{2}$ teaspoon of herbs |
| $\frac{1}{4}$ teaspoon of salt | 1 beaten egg |

Mix all the ingredients together and add an equal bulk of oysters. These quantities make enough stuffing for a large fowl.

After securing the openings so that the stuffing cannot escape, truss the bird to improve the appearance, make carving easier, and reduce the risk of burning. Place the bird breast side up in the roasting pan, and either rub it with oil or fat and baste it from time to time or place some slices of fat bacon over the top. Do not cover the pan. Turn the fowl over for the last 20 minutes of cooking. Either begin cooking at 450 degrees F. for 20 minutes, then reduce the heat to 300 degrees for the rest of the time, or roast the bird for the whole time at 325 to 350 degrees. Allow 20 to 25 minutes per pound of dressed weight for cooking. The time may range from 1½ hours for a small bird to 2 hours for a fully-grown fowl.

Parsley Stuffing

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| $\frac{1}{4}$ lb. beef suet or dripping | 1 egg |
| 1 dessertspoon chopped parsley | Salt and pepper |
| 1 breakfast cup breadcrumbs | |

Chop the suet and parsley, mix with crumbs, salt and pepper. Bind with the beaten egg, adding a little stock or milk if necessary to give a soft consistency.

Potato Stuffing

2 cups of mashed potatoes	Seasonings
1 cup of soft breadcrumbs	1 egg, slightly beaten
$\frac{1}{4}$ to $\frac{1}{2}$ cup of melted fat	

Mix all the ingredients together with the beaten egg.

Prune Stuffing (for roast duck)

2 cups of breadcrumbs	1 cup of sliced apple
2oz. of melted butter	1 tablespoon of minced onion
1 teaspoon of salt	1 cup of cooked prunes
$\frac{1}{4}$ teaspoon of pepper	1 lemon rind, grated

Place the breadcrumbs in a mixing bowl. Stir in the melted butter with a fork, add the remaining ingredients, and mix well.

Rice Stuffing

(An alternative for chicken)

1 cup of boiled rice	1 tablespoon of butter
1 chopped onion	2 teaspoons of chopped parsley
$\frac{1}{2}$ cup of chopped ham	Salt and pepper

Melt the butter in a saucepan. Add the onion and saute until golden brown. Add rice mixed with ham and seasonings and fry for 3 minutes.

Sage and Onion Stuffing

(For duck, goose, or pork)

1 cup of chopped onions	2 cups of breadcrumbs
1 tablespoon of chopped parsley	$\frac{3}{4}$ teaspoon of salt
1 tablespoon of finely chopped sage leaves	$\frac{1}{8}$ teaspoon of pepper
	1 $\frac{1}{2}$ oz. of butter

Mix all the ingredients and add the melted butter (the onion may be parboiled if desired).

Sausage Stuffing

(For a medium-sized turkey)

2lb. of lean pork or bacon or sausage-meat	$\frac{1}{2}$ teaspoon of mixed herbs
1 teaspoon of salt	$\frac{1}{2}$ teaspoon of pepper
$\frac{1}{2}$ cup of breadcrumbs	Giblets, chopped

Mince the meat and add the breadcrumbs, seasoning, and giblets. Mix these well and moisten with a little stock.

Stuffed Roast Fowl

2 cups of soft breadcrumbs	$\frac{1}{2}$ teaspoon of pepper
2oz. of chopped suet	1 teaspoon of mixed herbs
2 tablespoons of chopped parsley	1 slightly-beaten egg
$\frac{1}{2}$ teaspoon of grated lemon rind	Milk to mix
1 teaspoon of salt	

This yields enough stuffing for a medium-sized bird. For a large bird the recipe may be increased to 3 cups of breadcrumbs, with the other ingredients in proportion.

Stuffing for Turkey

2lb. of lean pork or bacon	1 teaspoon of salt
$\frac{1}{2}$ cup of soft breadcrumbs	$\frac{1}{2}$ teaspoon of pepper
$\frac{1}{2}$ teaspoon of herbs	

Mince the meat and mix all the ingredients, moistening them with a little stock. These quantities make enough for a medium-sized turkey.

Forcemeat

(For fowl, turkey, rabbit, veal, or fish)

2oz. suet or melted dripping	Grated rind of $\frac{1}{2}$ lemon
$\frac{1}{4}$ teaspoon thyme or mixed herbs	1 egg
1 teaspoon chopped parsley	Milk
4oz. breadcrumbs	Salt and pepper

Mix all the dry ingredients and bind with lightly-beaten egg, adding a little milk if necessary. Use as stuffing, or form into small balls and fry or bake.

For filling marrow or pumpkin use either the forcemeat or the sage and onion recipe and add skinned sausages, minced meat, chopped bacon or ham.

Forcemeat Balls

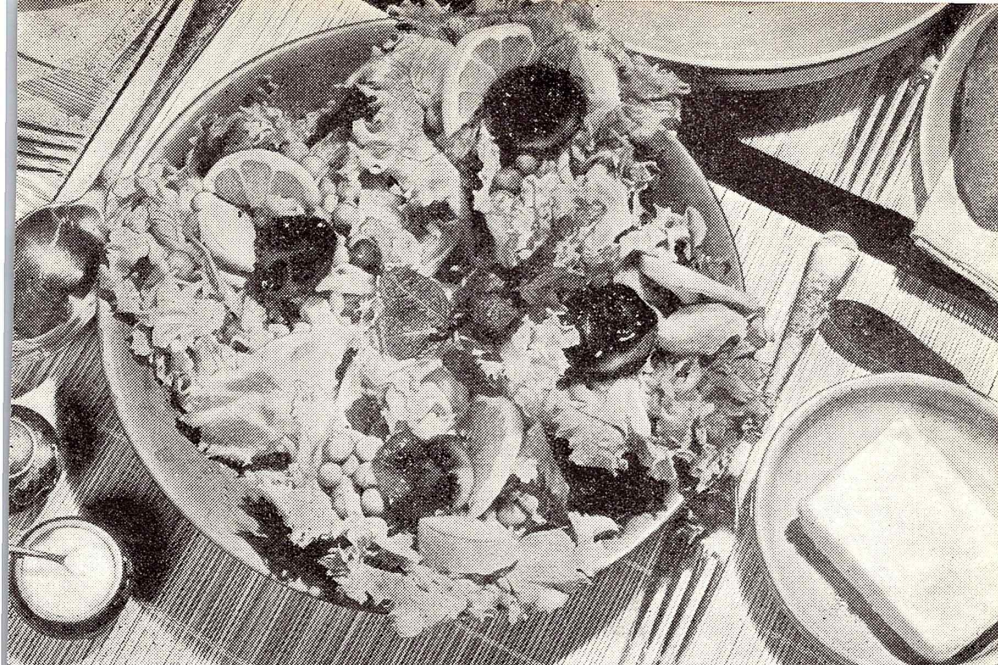
$\frac{1}{2}$ lb. of bacon	1 flat teaspoon of thyme or mixed herbs
2oz. of finely chopped suet	1 dessertspoon of chopped parsley
2oz. of soft breadcrumbs	Salt and pepper
1 slightly-beaten egg	
Lemon juice	

Mix the suet with breadcrumbs and season them with parsley, herbs, salt, pepper, and a little lemon juice. Moisten the mixture with the egg, using just sufficient to bind the ingredients. Roll it into small balls and bake them until they are faintly browned and set.

Veal Forcemeat Stuffing

$\frac{1}{2}$ lb. of lean veal	Salt and pepper to taste
1 teaspoon of parsley and herbs	1 teaspoon of grated lemon rind
Nutmeg and mace to taste	2oz. of fat bacon

Chop or mince the meat and bacon and mix all the ingredients.



13—Salads for Summer

Essentials in Salad Making

The greens should be crisp, nearly dry, cold, and fresh. The last requirement is easy for those with their own gardens. Wash the greens thoroughly in cold water just before serving, but do not soak them. Shake or swing them dry in a tea towel or wire basket. If necessary, leave them hanging in the tea towel in a draught to crispen. This is better than long soaking if the leaves are wilted.

In choosing the salad mixture consider the flavours, colours, and textures that are to be combined and be sure that all ingredients blend well and are sufficiently flavoursome. To attain a balance consider also what is being served for the rest of the meal.

Do not use too many different foods in one salad. Meats and raw vegetables should be cut into pieces small enough to be eaten easily without cutting on the plate. Softer foods such as pear or cooked beetroot may be in larger pieces, as these can be cut quite easily with a fork before being eaten.

Great variety may be obtained in the way the ingredients are arranged, but messy results should be avoided. There is much scope for the artistic housewife to exercise her talents in the making of attractive salads.

Ways of Serving Salads

Winter as well as summer salads may be served either in a bowl, when they usually accompany meat, or individually as a complete course in themselves. Salads in a bowl often have a greater proportion

of greens, the other ingredients being used mainly as a garnish, though they may be arranged right through the salad in layers with the greens. With individual salads it is often the green which is in effect the garnish, particularly with winter salads, when a mixture of some of the heavier foods already listed forms the bulk of the serving.

When individual salads are made the quickest method is to put out all the plates first, then arrange the first ingredient on each, then the second, and so on. A bed or ring of shredded greens should be put down first and the other ingredients arranged on it. Usually a little dressing is poured over the salads just before they are served and a coloured garnish often adds zest.

Garnishes

Most housewives are familiar with parsley, chives, tomato, and small pieces of beetroot used as garnishes; other useful garnishes are sieved, hard-boiled egg yolk, grated carrot, cubes of apple with a bright red skin, tree tomato, grated cheese, mint, paprika (a bright red, mild-flavoured pepper), sliced radishes, banana rings, sliced or cubed raw fruit (lemon juice should be squeezed over these last two to keep them from going brown), raisins, nuts, canned peas, onion rings, and chunks of tomato jelly. The choice of garnishes should be those that will blend with the other ingredients and improve the flavour, not detract from it.

Pointers for Salad Preparation

Don't soak the salad greens, even if they are not crisp.

. . . wash the greens quickly and hang them in a cloth in a draught if it is necessary to make them crisp.

Don't serve the greens dripping wet.

. . . swing the greens dry in a cloth or shake the water off in a sieve.

Don't always shred the lettuce.

. . . serve whole lettuce leaves sometimes or tear the leaves into attractive pieces.

Don't use only lettuce as the green part of a salad.

. . . use shredded cabbage heart, silver beet leaves, endive, watercress, or nasturtium leaves.

Don't make up a salad only with colourless ingredients such as celery and apple or potato and celery.

. . . add a brightly coloured garnish to a white salad: sieved hard-boiled egg yolk, beetroot (raw and grated or cooked and chopped), or grated carrot.

Don't use two hard ingredients such as nuts and raw vegetables together.

. . . sprinkle chopped nuts over salads with fruit as soft ingredients.

Don't use up in a salad left-overs that have gone mushy or stale vegetables that are limp.

. . . use left-overs if they have a good flavour and can be made to look attractive.

Don't serve meat or fish salads that lack flavour and colour.

. . . season well and add highly flavoured foods like fried onions, curry, and piquant sauces to cold meats or fish when using them in a salad, and use a coloured garnish.

Don't use too many strongly flavoured foods together in one salad, if they do not "go", for example, cheese or tomato and sweet fruits.

. . . use some imagination and experiment with numerous ingredients in salads, taking care that they blend well in flavour, colour, and texture.

Don't serve large pieces of meat or raw vegetable that are difficult to deal with on the plate.

. . . cut meat, fish, and raw vegetable or apple into mouthful-sized pieces or mince or grate them.

Banana and Raisin Salad

Banana cut into slices about 2in. long	Apple (if liked)
Seedless raisins	Lemon juice
Chopped nuts	

Arrange bananas and raisins on a bed of shredded greens. Add cubed raw apple if it is to be included. Squeeze lemon juice over the banana and apple to prevent its going brown. Sprinkle chopped nuts over the top and serve with lemon dressing. Alternatively slices of peeled tree tomato may be used instead of the raisins or both may be used together.

White Salad

2 cups of cold cooked potato cubed	1 or 2 chopped hard-boiled eggs
1 small head of celery	$\frac{1}{2}$ cup of dressing
A little grated onion	Seasoning
Finely chopped parsley	Brightly coloured garnish

Wash the celery and cut it small. Keep out some of the leaves for decorating. Mix all the ingredients except the garnish together. Serve in a bowl decorated with the celery leaves and the brightest garnishes available (beetroot, paprika, egg yolk, parsley, broken-up tomato jelly, watercress, etc.). Serve with cold meat.

Rosy Egg Salad

6 hard-boiled eggs	Mayonnaise
2 medium-sized cooked beetroot	2 cups of cold boiled rice
Celery salt	$\frac{1}{2}$ teaspoon of grated onion
Lettuce leaves	Salt and pepper

Cut the eggs and beetroot into dice and mix them with the rice salt, pepper, celery salt, and onion. Turn the salad lightly with a fork while pouring in the mayonnaise. Serve it in lettuce-leaf cups.

Green and Gold Salad

6 carrots	$\frac{1}{4}$ teaspoon of salt
$\frac{2}{3}$ cup of seedless raisins	2 tablespoons of top milk
$\frac{1}{3}$ cup of dressing	$\frac{1}{4}$ lb. of tender, fresh silver beet leaves

Grate the carrots and add the raisins. Combine the dressing, top milk, and salt. Sprinkle this over the carrots in a bowl and toss the mixture lightly. Shred the greens finely and serve them with the carrot mixture. This salad can be arranged with the greens at either end of a long dish and with the carrot heaped in the middle or with

the greens in a ring around the carrot mixture; the dish can be arranged as individual servings or in a bowl or on a platter. The white stalks of the silver beet should be kept and served at another meal as a hot vegetable.

Stuffed Prune Salad

Shredded greens	1 or 2 tablespoons of grated cheese
4 or 5 large prunes	or cottage cheese
1 to 2 tablespoons of chopped nuts	$\frac{1}{2}$ to 1 tablespoon of dressing

Soak the prunes overnight unless dessert prunes are used. Dry them and remove the stones carefully, leaving a long slit down the side of each. Mix the cheese, nuts, and dressing to a paste and stuff the prunes with this mixture. Arrange them on a bed of shredded greens, sprinkle more chopped nuts over the top, and serve the salad with dressing. The cheese mixture may be coloured orange or red with a little tomato pulp or finely chopped beetroot. (The amounts given are required for each serving.)

Mixed Salad

2 tablespoons of grated carrots	2 tablespoons of sliced celery
2 tablespoons of grated turnips	2 tablespoons of grated raw beetroot
Salad greens	

Arrange the grated vegetables on finely shredded greens or on lettuce leaves. Serve with dressing. The bright colours make this very attractive. To make it more substantial add sieved, hard-boiled egg. (Serves 1 or 2.)

Apple and Date Salad

1 tart apple cubed	$\frac{1}{8}$ teaspoon of salt
$\frac{1}{4}$ cup of cut-up dates	1 tablespoon of lemon juice
$\frac{1}{2}$ teaspoon of sugar	2 tablespoons of dressing

Mix the apples, dates, lemon juice, salt, and sugar. Moisten them with dressing and mix them thoroughly. Serve on shredded greens and garnish with chopped nuts.

Celery and Apple Salad

2 or 3 apples	Lettuce leaves
6 sticks of celery	Salad dressing

Cut the apple into small cubes. If the apple has a highly coloured skin, do not peel it off, but leave it to add colour to the salad. Cut up the celery into similar pieces and mix it with the apple. Pour enough salad dressing over the mixture to combine the two. Pile the mixture into lettuce cups and garnish it with parsley or cress. Variations on this salad recipe may be achieved by adding walnuts, cheese, or pickled cucumber.

Celery and Potato Salad

4 medium cooked potatoes	Parsley
Celery	Chives
Radishes	Salad dressing

Cut the potatoes into small cubes and mix them with chopped celery in a salad bowl. Pour a little salad dressing over the whole and sprinkle parsley and chives on top. Garnish with radishes and celery curls.

Runner-bean Salad

2lb. of cooked runner beans	1 medium-sized cooked beetroot
1 finely chopped onion (cooked, if preferred)	Salad dressing
$\frac{1}{4}$ lb. of raw cabbage	2oz. of grated cheese
	1 tomato

Shred the cabbage finely, cube the beetroot, and mix these with the beans, onion, and enough dressing to moisten. Pile on a dish and garnish with grated cheese and slices of tomato. (Suitable for individual or salad-bowl salads.)

Asparagus Bowl Salad

1 lettuce	3 spring onions
20 asparagus spears	2 teaspoons of lemon juice
$\frac{1}{2}$ cup of top milk or cream	1 tablespoon of chopped parsley
$\frac{1}{4}$ cup of tomato sauce	Salt and pepper

Cook the asparagus and cool it. Cut the stems to leave about 3in. lengths of head and cut the stalk ends into $\frac{1}{2}$ in. pieces. Shred the lettuce and chop the onions finely. Mix the short pieces of asparagus, lettuce, and onion in a salad bowl and arrange the head ends of asparagus on top with the ends to the centre of the bowl and the tips pointing outward like the spokes of a wheel.

For the dressing mix the tomato sauce, lemon juice, salt, pepper, and milk or cream lightly together, pour it over the salad, and sprinkle it with parsley.

Feijoa Salad

6 ripe feijoas	4 tablespoons of mayonnaise
2 tablespoons of chopped walnuts	Lettuce leaves

Peel and slice the feijoas. Add the chopped walnuts and the mayonnaise and mix them lightly with a fork. Pile spoonfuls of the mixture into crisp lettuce leaves. Garnish with grated cheese or a small dab of vegetable extract.

Banana, Apple, and Onion Salad

3 ripe bananas	$1\frac{1}{2}$ teaspoons of salt
3 sweet apples	Mayonnaise
1 medium-sized onion	Salad greens

Peel and slice the bananas and apples very thinly and chop the onion. Mix them with the salt and mayonnaise. Serve the salad in lettuce cups or on crisp greens. The quantities given make six servings.

Savoury Stuffed Pawpaw Salad

6 small pawpaws	1 tablespoon of lemon juice
2 tablespoons of chopped walnuts	Lettuce leaves
2oz. of grated cheese	Parsley
12 walnut halves	

Peel the pawpaws, slice them lengthwise, and remove the seedy pulp. Mix the cheese, chopped nuts, and lemon juice thoroughly and

pile this mixture into the pawpaw shells. Top each shell with a half walnut and set on lettuce leaves. Serve with the cream dressing the recipe for which is given in the next chapter. (6 servings.)

Tomato-cheese Salads (6 servings)

8 tomatoes, 6 of them large and even shaped	Lettuce
1 level dessertspoon of chopped onion	4 cloves
1 teaspoon of cornflour or arrowroot blended in a little cold water	Salt and pepper
	2oz. of processed cheese or cream cheese

Cut a circle from the flower end of each of the 6 large tomatoes and scoop out the pulp with a teaspoon, leaving the shells intact. Put the pulp and the other tomatoes into a saucepan with the onion, cloves, 4 tablespoons of water, and seasoning. Stew the mixture until the ingredients are soft, sieve it, add the cornflour, bring it to the boil, simmer it for 5 minutes, and cool it. Stuff the tomatoes with layers of puree and softened cheese, having cheese for the top layer. Decorate them with piped cheese or parsley and serve them in lettuce leaf cups. Packet or processed cheese can be softened with a little top milk or cream.

Fish Salad

Arrange cooked fish in the centre of a serving dish on a bed of shredded lettuce and surround it with sliced cucumber and quartered tomatoes. Serve it with a good, sharp salad dressing.

Mussel and Onion Salad

12 mussels	6 spring onions
3 pickled onions	Walnuts
2oz. of cheese	1 tablespoon of Worcestershire sauce
Lettuce leaves	1 cup of mayonnaise

Wash and cook the mussels and allow them to cool. Grate the cheese, chop the walnuts, and mix them. Spread the mixture on 6 of the mussels and place the other 6 mussels in the manner of sandwiches, or split each mussel and fill it. Arrange the mussel sandwiches on lettuce leaves and top each sandwich with half a pickled onion; if preferred, the pickled onions may be chopped and sprinkled on the sandwiches. Arrange the lettuce leaves on a plate in a circle and in each space put a spring onion, bulb end out. Serve the salad with mayonnaise to which the Worcestershire sauce has been added. (Six servings.)

Crayfish Salad

1 medium-sized crayfish	1 small cup of vinegar
1 hard-boiled egg	2 tablespoons of butter
1½ tablespoons of flour or 2 table- spoons of cornflour	1 teaspoon of dry mustard
1 tablespoon of sugar	½ teaspoon of salt
2 eggs	1 cup of milk

Dressing: Melt the butter, stir in the flour, add the milk gradually, and cook the mixture until it is smooth and thick, stirring continually.

Beat the eggs, mustard, vinegar, sugar, and salt together, add them gradually to the cooked mixture, and heat it just to boiling. Remove the egg yolk from the white and sieve it into the dressing. Cut the white into rings or spears and use them for garnishing.

Remove the meat from the shell of the crayfish and cut it into pieces; keep the legs aside. Mix the pieces with the dressing and serve the salad in lettuce cups with the legs, on ice if possible. Garnish it with spears or rings of egg white, radish flowers, and celery curls, or tomato segments and pickled gherkin.

Fish and Green Pea Mould

2 cups of cooked peas	$\frac{1}{2}$ cup of cold water
1 cup of cooked fish	1 cup of hot water
1 teaspoon of grated onion	Salt and pepper
2 tablespoons of lemon juice	1 tablespoon of gelatine

Soften the gelatine in cold water, add the hot water and seasoning, and cool the mixture till it begins to thicken. Flake the fish, remove bones and skin, and combine it with the lemon juice. Pour a little gelatine into a loaf tin, then arrange peas and fish in alternate layers. Pour the rest of the gelatine over and set the mould aside until it is firm. Garnish with hard-boiled egg slices, radishes, and lettuce and serve with salad dressing.

Tomato and Cheese Mould

$1\frac{1}{2}$ cups of tomato puree	1oz. of gelatine
$\frac{1}{4}$ lb. of grated cheese	Salt and pepper

Soak the gelatine in $\frac{1}{2}$ cup of water. Simmer the tomatoes in a covered saucepan, strain them, and measure $1\frac{1}{2}$ cups of pulp. Add the dissolved gelatine and cheese, then pour the mixture into wetted moulds. Slices of hard-boiled egg may be put in the bottom of each mould and chopped parsley added. Set in jelly jars or other small, covered pots, these moulds make an excellent dish for the schoolchildren's lunch box. In winter bottled puree, tomato halves, or soup can be used.

Tomato Jelly Salad

1 pint of stewed tomato pulp	$\frac{1}{4}$ teaspoon of celery salt
1 finely chopped onion	1 clove
Salt and pepper	1 dessertspoon of gelatine
Lettuce	Salad dressing
1 teaspoon of sugar	

Cook the tomato pulp with the onion, clove, and seasonings until it is well flavoured. Rub it through a coarse strainer. Add the sugar and gelatine, dissolved in 2 tablespoons of cold water, and stir it thoroughly. Pour the mixture into a mould previously rinsed in cold water and leave it to set. When the salad is firm, turn it out on to a large plate or dish; dip the mould first into hot water, then into cold, so that the salad turns out without breaking. Surround it with shredded lettuce combined with salad dressing.

Potato and Tomato Salad

Cooked potato cubed and mixed with dressing while still hot	Vinegar
Bottled or canned tomatoes or tomato pulp	Gelatine
Chopped hard-boiled egg	Paprika
A little lightly cooked bacon chopped finely	Parsley
	Sugar
	Shredded greens

Mould the tomatoes with a little gelatine, adding sugar, vinegar, and chopped parsley to improve the flavour. If the salad is to be used the day the jelly is made, use 1 level measuring tablespoon of gelatine to each cup of tomato and dissolve it thoroughly in a little hot juice before mixing it with the bulk of the tomato. If it is to be used the next day, 1 dessertspoon of gelatine is sufficient. Set it in old cups or very small bowls for individual servings.

Arrange a bed of greens, un mould the tomato on to the middle of this, and arrange the mixed potato, egg, and bacon round the jelly. Sprinkle a little paprika over the potato and decorate the tomato with a sprig of parsley.

Moulded Meat and Egg Salad

1 tablespoon of gelatine	Hard-boiled eggs—about one for each person
2 cups of stock	
1½ cups (about ¾ lb.) of cooked minced meat	Mashed potato or finely-chopped cooked new potatoes

Chop the hard-boiled eggs, add an equal quantity of prepared potato, and season them generously with chopped chives, parsley, salt, and pepper. Press the mixture into one end of a square tin, loaf tin, or pie dish. Soak the gelatine in ¼ cup of cold water, add the heated stock, and stir until the gelatine is dissolved. Chill it slightly and combine it with the minced meat, and mould it in the other half of the dish.



14—Salad Dressings

Cooked Salad Dressing

The basic recipe for this dressing and its variations is as follows:—

2 tablespoons of flour	1 beaten egg
1 teaspoon of mustard	1 cup of milk
2 tablespoons of butter	$\frac{1}{2}$ cup of vinegar
2 tablespoons of sugar	1 teaspoon of salt
Cayenne pepper to taste	

Mix the dry ingredients thoroughly and add them to the beaten egg, mixing well. Carefully stir in the milk to avoid lumps and then gradually add the vinegar, stirring constantly. Heat gently, stirring constantly, until the mixture thickens. Add the butter and blend it in well. This recipe makes $1\frac{1}{4}$ cups of dressing which may be kept in a cool place for some days.

When the dressing is to be used add an equal quantity of cream or top milk and stir well in.

Variations

Cheese: Add $\frac{1}{2}$ cup of grated cheese to 1 cup of the basic dressing and melt it in.

Bacon: Chop one rasher of bacon into small pieces and fry it gently until it is brown. Drain off the fat and add the cooked bacon to $\frac{1}{2}$ cup of basic salad dressing.

Celery: Add 1 tablespoon of finely chopped celery leaves to 1 cup of basic salad dressing.

Mayonnaise Dressing

2 egg yolks lightly beaten	2 tablespoons of lemon juice
1 teaspoon of salt	2 tablespoons of vinegar
A good shake of pepper	1 teaspoon of sugar (if desired)
2 cups of salad oil	

Add the dry ingredients to the egg yolk, stirring well. Add the lemon juice and vinegar gradually, stirring well all the time. When all the lemon juice and vinegar is in, beat the mixture well with a spoon. Add the oil very slowly, beating the mixture all the time. When half the oil is in, the remainder may be added more quickly, but the beating must be done carefully to avoid curdling the mayonnaise. This recipe makes 1 pint of dressing, which may be kept in a cool place for some days. It should not be stored near the freezing compartment of a refrigerator.

Variations

Cucumber: Add $\frac{1}{2}$ cup of fresh cucumber pulp to 1 cup of mayonnaise and blend it well.

Chives: Add 2 tablespoons of chopped chives and 1 dessertspoon of Worcester sauce to 1 cup of mayonnaise.

Horse-radish: Add $\frac{1}{4}$ cup of freshly-grated horse-radish to 1 cup of mayonnaise and blend well.

Green: Add $\frac{1}{2}$ cup of finely-chopped watercress or parsley to 1 cup of mayonnaise.

Cooked Salad Dressing

1 cup of cream (sour or sweet) or a mixture of cream and milk. Milk may be sour, but not solid	1 teaspoon of dry mustard
1 to 2 tablespoons of sugar	Dash of pepper
$\frac{1}{2}$ teaspoon of salt	$\frac{1}{2}$ cup of vinegar (or lemon juice)
	2 eggs

Mix the dry ingredients in the top of a double saucepan. Add the eggs and beat lightly and stir in the cream and then the vinegar a very little at a time. Stir the mixture over boiling water until it is thick like custard.

Use as required. If it is stored in a tightly covered jar, it will keep for several weeks.

Boiled Salad Dressing (1)

1 egg	Pinch of cayenne pepper
4 tablespoons of melted butter	$\frac{1}{2}$ cup of vinegar
$\frac{1}{2}$ teaspoon of mustard	1 tablespoon of flour
2 tablespoons of honey	1 tablespoon of cornflour
1 cup of milk	Pinch of salt

Melt the butter, add the flours, and stir them to a smooth paste. Add the milk slowly, stirring continually, and cook the mixture until it is thick. Add salt, pepper, vinegar, and mustard to the beaten egg and put them through a strainer into the thickened mixture. Cook it for a few minutes, then add the honey. Store the dressing in a jar in a cool place and dilute the required quantity with top milk when needed. Add more honey to the diluted dressing if it is desired sweeter.

Boiled Salad Dressing (2)

1 teaspoon of salt	2 tablespoons of flour
1 teaspoon of mustard	3 tablespoons of honey
Shake of pepper	1 tablespoon of butter
2 egg yolks	1 cup of milk
$\frac{1}{2}$ cup of vinegar	

Mix the mustard, salt, pepper, and flour together, then add the milk, honey, and egg yolks. Stir the mixture well and cook it over hot water until it is thickened. Add the vinegar and butter, stirring well to make a smooth mixture. This dressing keeps well and can be diluted with cream or milk when required for use.

Economical Salad Dressing

2 tablespoons of butter	3 egg yolks
1 tablespoon of castor sugar	1 cup of milk
1½ tablespoons of flour	1 teaspoon of dry mustard
1 teaspoon of salt	1 cup of vinegar

Melt the butter and add the flour. Add the milk slowly and cook the mixture until it thickens, stirring continually.

Mix together the egg yolks, salt, pepper, and mustard. Heat the vinegar, pour it over the egg mixture, put them back into the pan, and cook them, stirring continually, until the mixture has thickened.

Blend the two mixtures thoroughly and store the dressing in a glass jar. It will keep for a week if stored in a cool place. Thin it with cream when it is required for use.

Cream Dressing

4 tablespoons of sweet cream	Pinch of salt
2 tablespoons of lemon juice	Shake of pepper
1 teaspoon of sugar	

Add the sugar, salt, and pepper to the cream and then gradually beat in the lemon juice until the mixture is thick. This makes a good $\frac{1}{2}$ cup of dressing.

Variations

Onion: Add $\frac{1}{2}$ teaspoon of chopped onion to the cream before mixing.

Tomato: Fold in 1 tablespoon of tomato pulp to $\frac{1}{2}$ cup of dressing

Cream

Take $\frac{1}{2}$ cup of sweet cream and beat it until it is stiff. Add one teaspoon of dry mustard mixed with three teaspoons of sugar. Then add vinegar or lemon juice to taste, beat again slightly, and use. When the cream is too fresh or thin to beat, mix in mustard and sugar, then add vinegar a little at a time and leave to stand. The vinegar will thicken the cream slightly.

Condensed Milk Salad Dressing

1 egg yolk	$\frac{1}{8}$ teaspoon of salt
1 teaspoon of sugar	2 tablespoons of sweetened condensed milk
$\frac{1}{4}$ teaspoon of mustard	
1 dessertspoon of vinegar	

Mix the dry ingredients and add the egg yolk. Gradually stir in the condensed milk and then the vinegar slowly.

Condensed Milk Dressing

Sweetened condensed milk	Lemon juice or vinegar
Seasoning	

Stir the juice into the condensed milk until it is sufficiently tart. Add seasoning to taste. This dressing thickens up on standing and may be thinned as required with ordinary milk. It will keep several days, but not after ordinary milk has been mixed with it.

French Dressing

1 cup salad oil
1/3 cup vinegar

About 1 teaspoon salt
Pepper to taste

Put the ingredients into a bowl and beat very thoroughly with an egg-beater until the globules of oil are as small as possible. Put into a bottle and shake well each time before using. French dressing may be varied to suit the salad or individual taste by adding more vinegar; $\frac{1}{2}$ teaspoon curry powder; 1 teaspoon Worcester sauce; by substituting celery salt for the plain salt; by adding 1 to 2 teaspoons finely-chopped chives and parsley; 1 teaspoon minced onion; 2 tablespoons chopped chutney; or 1 tablespoon prepared horse-radish or chopped mint.

French Dressing

4 tablespoons of olive oil
1 tablespoon of lemon juice or vinegar

A good shake of pepper
 $\frac{1}{2}$ teaspoon of salt

First method: Put the oil and dry ingredients in a basin and beat well. Add the lemon juice drop by drop, beating the mixture thoroughly all the time.

Second method: Put all the ingredients into a wide-mouthed bottle. Cork the bottle and shake it thoroughly to blend the ingredients just before using the dressing. This makes a bare $\frac{1}{2}$ cup of dressing.

Variations

Mustard: Add 1 teaspoon of mustard to the dry ingredients before mixing.

Curry: Add a good pinch of curry powder to the ingredients before mixing.

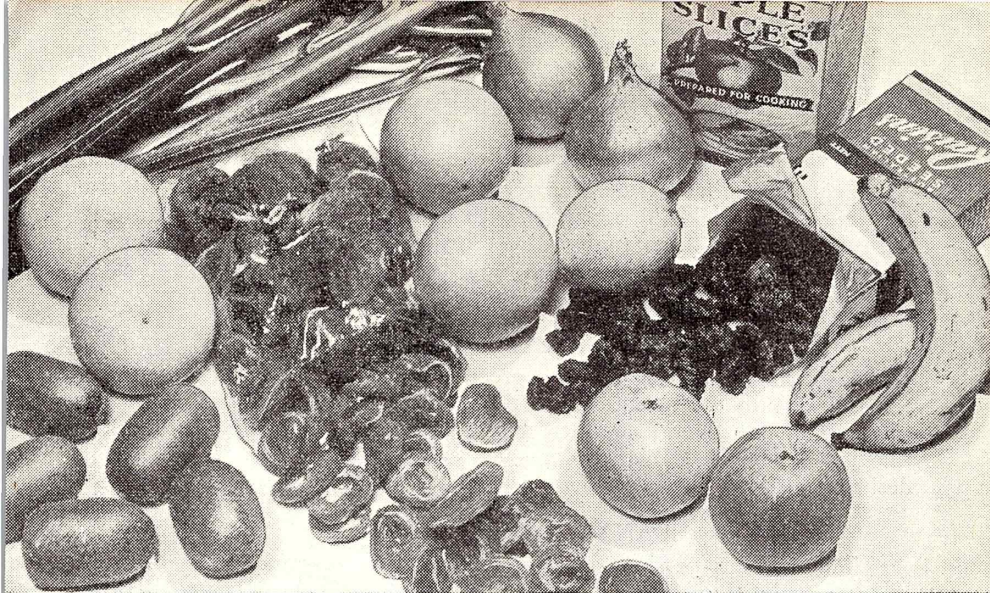
Mint: Lightly stir 1 tablespoon of finely-chopped mint into the dressing just before using.

Mayonnaise Dressing

3 egg yolks
1 cup of salad oil
1 tablespoon of icing sugar

1 teaspoon of salt
1 teaspoon of mixed mustard
4 tablespoons of vinegar

Beat the egg yolks in a basin until they are creamy and pale. Gradually stir in the sugar, salt, and mustard. Add the oil drop by drop. When the mixture is smooth and thick add the vinegar gradually.



15—Fruits of All Kinds

APPLES

STORING.—If the apples are of a long-keeping variety, clean, unbruised fruit may be stored on wooden trays or shelves. They should not touch, as that hastens decomposition. The storage room should be cool and dark and have a circulation of fresh air to prevent sweating.

Apple Fritters

1 cup of flour
 $\frac{3}{8}$ cup of milk
 1 egg
 $\frac{1}{8}$ teaspoon of salt

1 tablespoon of fat
 2 teaspoons of baking powder
 2 tablespoons of sugar
 Apples

Sift the dry ingredients into a bowl; combine the beaten egg, milk, and the melted fat. Add the liquid to the dry ingredients and stir (as little as possible) until the flour is dampened.

Peel and core the apples and slice them into rings $\frac{1}{3}$ in. thick. Dip the rings into the batter and fry them in deep fat at 375 degrees F. until they are cooked and golden brown. Drain well. Dust with icing or castor sugar and serve hot.

BANANAS

Baked Bananas

Peel all-yellow or slightly green-tipped bananas and arrange them in a shallow, buttered baking dish. Brush them with melted butter and sprinkle them with salt. Bake the bananas in a moderate oven (325 degrees F.) for 15 to 20 minutes or until they are tender. Served whole or cut crosswise into halves or quarters, they can be used hot as a vegetable or as a dessert.

Grilled Bananas

Peel all-yellow or slightly green-tipped bananas and place them on the grilling rack. Brush them with melted butter and sprinkle them with salt. Place them under direct heat and cook them for 6 to 10 minutes or until they are brown and tender. Serve them hot as a vegetable, whole or cut crosswise in halves or quarters.

Fried Bananas

Peel all-yellow or slightly green-tipped bananas and cut them lengthwise into quarters or halves. Heat 1 to 2 tablespoons of butter in a frying pan over low heat. Fry the bananas until they are tender, turning them to brown them evenly. Sprinkle them with salt if desired and serve them very hot.

BANANA PASSION FRUIT

The banana passion fruit is similar to the common passion fruit in that only the pulp is eaten. The pulp has a delicate, slightly astringent flavour when raw and this flavour is developed in cooking.

CHINESE GOOSEBERRY

The Chinese gooseberry is not ready to be eaten until it is soft, but it should not be over-ripe. It may be eaten fresh, cut in halves and scooped out with a teaspoon, with or without sugar according to taste. The stiff brown hairs are unpleasant, so care should be taken to ensure that none gets into a prepared dish. Much of the "fuzz" can be rubbed off with a coarse cloth, such as hessian, and the hairs are then less likely to get on to the pulp when the fruit is being peeled.

FEIJOAS

As the flesh of feijoas discolours rapidly when it is exposed to the air, peeled fruit can be kept light golden by being put into water to which a little salt, vinegar, or lemon juice has been added.

Stewed Feijoas

Prepare a syrup with $\frac{1}{2}$ cup of sugar and 1 cup of water. Peel and quarter 6 feijoas and place them in the syrup. Simmer them till they are tender. (Feijoas are stewed in syrup to retain their shape.)

PAWPAWS

The mountain pawpaw, a fruit with a variety of uses, has become increasingly available in recent years. Though its main season is from October to January, fruit may ripen at any time throughout the year. The fruit, which may be from 2 to 4 in. long, when ripe has a very pleasant odour reminiscent of fruit salad. It consists of thin flesh (up to $\frac{1}{2}$ in. thick) surrounding seedy pulp. Both the flesh and the pulp are edible.

The raw flesh has a mild flavour and is best used with food which tends to bring out the flavour. After they ripen to a golden yellow the fruits should be stored for a few days so that the flavour can be fully developed.

Pawpaw and Orange Appetiser

1 cup of pawpaw flesh cut into slices	3 tablespoons of sugar
1 cup of sweet orange sections	3 tablespoons of lemon juice
Glace cherries	

Mix the lemon juice and sugar. Put the pawpaw slices and orange sections into individual glasses and pour the sweetened lemon juice over them. Garnish each glass with a glace cherry and allow the glasses to stand for $\frac{1}{2}$ hour before serving to develop the full flavour of the pawpaw (4 servings.)

Cooked pawpaw pulp can be prepared in either of the following ways:—

1. Slice several pawpaws into a saucepan and just cover them with water. Bring the fruit gently to the boil, mashing it with a potato masher. Cook for 3 to 5 minutes. Strain the pulp through a coarse sieve. Four pawpaws make one cup of pulp.

2. Use the seedy pulp from other recipes. Heat it with $\frac{1}{2}$ cup of water in a saucepan. Bring it to the boil and boil it gently for 3 to 5 minutes. Strain it through a coarse sieve.

PEARS

Chocolate Pears

1½ lb. cooking pears	5oz. sugar
1oz. cornflour (4 tablespoons)	1 lemon
3oz. chocolate or 2 tablespoons cocoa	Vanilla
1 pint milk	

Peel pears thinly and cook whole with stalks on. Stand them upright in a glass dish. Make a sauce with the other ingredients and pour over the pears so that they are coated. Serve warm or cold.

Baked Fruit

8 halves of pears	1 teaspoon of cinnamon or 8 cloves
$\frac{1}{4}$ cup of lemon juice	$\frac{1}{3}$ cup of honey
2 tablespoons of butter	

Arrange the pears in a well-buttered shallow glass ovenware dish. Pour over them the lemon juice and honey mixed, sprinkle them with cinnamon or, if using cloves, insert one into the blossom end of each pear half. Dot the pears with the rest of the butter and bake them in a moderate oven until they are tender.

Peaches may be prepared in the same way.

For baked apples core the required number, leaving a little core in the base to act as a plug. Fill the cavity with honey and raisins, honey and date, or honey and spice.

PERSIMMONS

Dessert Persimmons

Use only soft-ripe fruits and chill them in a refrigerator. Using a serrated-edged knife cut the skin from top to bottom several times. Peel the skin back in the form of petals. Squeeze lemon juice over the fruits and garnish them with chopped nuts.

STRAWBERRIES

Strawberry Toasts

4 thick slices of bread
Small strawberries
Butter

Sugar
Cinnamon

Toast the bread lightly on one side only. Spread the other side with butter, sprinkle it with sugar and a dusting of cinnamon, and toast it lightly. Cover this side with strawberries, dot it with butter, sprinkle it with sugar, and toast or bake it lightly until the berries are hot.

TREE TOMATOES

Stewed Tree Tomatoes

Stewed tree tomatoes and a cereal make an excellent breakfast dish and fill an awkward gap after tomatoes and summer fruits are finished and before the beginning of the citrus fruit season. Skin and stew the tree tomatoes whole in a medium syrup of 1 part sugar to 2 parts water, cooking gently so that the fruit does not burst. Red tree tomatoes may require slightly more sweetening. Honey or golden syrup can be used in place of part of the sugar if desired.

Sandwiches

Sliced thinly and seasoned with salt and pepper the tree tomato is gaining great favour as a savoury sandwich filling for snacks. The yellow fruit is more favoured for sandwiches because of its milder flavour and also because the seeds of the red variety stain through the bread. As children often prefer sweetened sandwiches, the fruit can be sprinkled with brown sugar, or the bread and butter can be lightly smeared with honey.

Salads

The addition of tree tomatoes will lend colour and variety to winter bowl or plate salads. The red and yellow fruits can both be used, though the milder-flavoured yellow tree tomato is often more acceptable than the red when eaten raw.

DRIED FRUITS

Standard Methods of Cooking

If they are not cooked correctly, dried fruits can be very unpleasant to eat, and that is doubtless why many people are prejudiced against them. Distasteful characteristics sometimes found are grittiness, which can be eliminated by thorough preliminary washing, toughness, which is caused by insufficient soaking or too rapid cooking, and mushiness, if the fruit is oversoaked or cooked for too long. Another mistake often made is the addition of too much sugar. When fruits are dried, water is eliminated and the natural sugars present become more concentrated. Some of the water is returned during soaking and cooking, but the sugar concentration is still higher than in the fresh fruit, so less need be added. Prunes particularly require little sugar,

and the addition of a few slices of lemon to the water in which they are cooked will improve their flavour greatly. Sugar is best added to the fruit just before cooking is completed, as its sweetening power is then utilised more fully.

Thorough washing of dried fruits before they are cooked is essential.

Dried fruits can be cooked without previous soaking if plenty of water is used and they are stewed for 30 to 45 minutes in a saucepan with the lid on. A better product and a saving of time and fuel will result if the fruit, after being washed, is covered with water and left to soak for 24 hours. Use the soaking water to cook the fruit; if most of it has been absorbed, a little more water may be necessary. Cook the fruit in a covered saucepan until it is tender; 10 to 15 minutes' gentle boiling will be required. Two or three minutes before cooking is completed add sugar to taste—about $\frac{1}{2}$ tablespoon to each person, or $\frac{1}{4}$ cup to 1 lb. of fruit. Dried apples should be cooked in accordance with the directions on the packet in which they are bought.

Basic Recipes

Any type of dried fruit may be used in the three following recipes:

Fruit Whip

Fruit whip with custard is an appetising light dessert. Here is the recipe:

1 tablespoon of gelatine	2 egg whites
$\frac{1}{2}$ cup of water	$\frac{1}{4}$ cup of sugar
$\frac{1}{4}$ cup of fruit juice	1 tablespoon of lemon juice
$\frac{1}{4}$ cup of fruit pulp	

Soak and cook the dried fruit, strain off the juice, and, if necessary, make it up to $\frac{3}{4}$ cup with hot water. Pulp the fruit by thorough mashing or, preferably, put it through a strainer. Soak the gelatine in water, add the sugar, and dissolve both in the hot fruit juice. Add the fruit pulp and put the bowl in a cool place until the liquid is almost setting. Add the lemon juice and beat the mixture well until it is thick and fluffy. Fold in the stiffly-beaten egg whites, and pile the whip in a bowl or individual dishes. Serve it with a vanilla custard thickened with the yolks of the eggs.

Cooking Dried Apples

To $\frac{1}{2}$ lb. of dried apples use $\frac{1}{2}$ pint ($1\frac{1}{4}$ cups) of water and sugar to taste. Wash the apple slices several times. Cover them with water and soak them overnight or until the fruit is soft. Cook the apples slowly in $\frac{1}{2}$ pint of the liquid in which they were soaked.

Pressure Cooking

Using the same quantities, dried apples may be cooked in a pressure saucepan in one of two ways: Either soak the slices for 1 hour in hot water and cook them for 3 minutes in the pressure saucepan with the liquid and sugar, or cook the apples for 5 minutes in the saucepan with the water and sugar. Whichever method is used, allow the saucepan to cool slowly before removing the lid.



16—Cold Sweets

FRESH FRUIT JELLIES

WITH fresh fruits, gelatine, and sugar many delicious sweets are possible. For a plain jelly the proportions are $\frac{1}{2}$ oz. (1 large tablespoon) of powdered gelatine to 1 pint of liquid. A 2oz. box of gelatine holds 5 tablespoons. Temperature affects the setting of the jelly, so, if the weather is very hot and no refrigerator or very cool place is available, use a little less liquid or more gelatine. Too much gelatine will make a tough jelly, so do not overdo the extra allowance.

Soak the gelatine in a tablespoon of cold water for 5 to 10 minutes; when it is softened pour on 1 pint of boiling water less 1 tablespoonful, making the total amount used 1 pint. Do not boil or stir much, but make sure the gelatine is thoroughly dissolved. Add sugar while the mixture is still hot so that it also dissolves; add flavouring and colouring if necessary. Strain the jelly into a wet mould and put it aside to set.

With this recipe for a basis, make fruit jellies by substituting strained fruit juice for all or part of the measured amount of water. Plum juice, red currant and raspberry, blackberry, cherry, damson, passion fruit—any kind of fruit juice can be used except fresh pineapple. This fruit when raw has a property which prevents the gelatine from setting, so pineapple juice must always be boiled before combining it with gelatine.

Many variations of the fruit and jelly sweet are possible. Small soft fruits like raspberries, strawberries, cherries, very ripe nectarines, peaches, apricots, grapes, small plums, and blackberries need not be cooked before being set in the jelly. To make the fruits hold their position put a layer of flavoured jelly in the mould and set it aside to cool, keeping the rest of the jelly liquid by standing it in a jug in a basin of hot water or in a warm place. When the jolly mould is

fairly firm arrange a layer of fruit and pour in more jelly to cover it. Set the mould aside again and repeat the process until fruit and jelly fill the mould. To turn the jelly out, dip the mould into hot water for a moment, set the dish or serving plate on upside down, and turn both mould and plate in one operation.

Upside-down Fruit Salad

Make a jelly, using the juice of lemons, oranges, plums, passion fruit, or any other kind of fruit in season. Pour a layer of jelly into the mould and leave it to set. Arrange pieces of prepared fruit attractively, pour more jelly round them, and leave to set again. Then arrange the rest of the fruit and pour in the remaining jelly. Leave it overnight to set firmly. Garnish with pieces of fruit and decorate with pipings of whipped cream.

Strawberries in Lemon Jelly

2 tablespoons of gelatine
 $\frac{1}{2}$ pint of water

$\frac{1}{2}$ pint of strained lemon juice
 1 to 2 tablespoons of sugar

Soften the gelatine in 2 tablespoons of cold water and pour on the boiling water ($\frac{1}{2}$ pint less 2 tablespoons). Stir in the sugar and lemon juice. Rinse a basin or mould in cold water, pour in a little lemon jelly, and put it in a cool place to set slightly; keep the rest of the jelly warm. Hull the strawberries, wash them, and drain them well so that no moisture adheres. Arrange a layer on the semi-set jelly, pour more jelly round them, and set the mould aside to cool again. Repeat the layers of jelly and berries until the jelly is used up. Reserve some of the strawberries for a garnish, placing them, whole or in halves, round the base of the shape when it is ready to send to the table. Serve with cold custard sauce, mock cream, or ice cream.

Tree Tomatoes in Jelly

Stew 6 or 8 tree tomatoes gently, drain, and put into a serving dish. Make 1 pint of lemon jelly, using the fruit juice in place of some of the water. Pour over the fruit, leave to set, and serve with junket or custard.

Grapefruit Ambrosia

1 packet of lime or lemon jelly crystals
 $\frac{1}{2}$ cup of hot water
 1 cup of grapefruit juice
 1 egg white

$\frac{1}{2}$ cup of cream
 $\frac{1}{4}$ cup of sugar
 $\frac{1}{2}$ cup of desiccated coconut
 Grapefruit segments

Dissolve the jelly in the water, heating them a little if necessary to make sure the gelatine is properly dissolved. Add the grapefruit juice. Chill the mixture until it is beginning to set, then beat it. Beat the egg white, beat in the sugar, and fold the meringue into the jelly. Also fold in the coconut and the whipped cream. Allow the mixture to set and decorate it with the segments of grapefruit and whipped cream. Serve it with a thin custard made with the egg yolk.

Flummeries

$\frac{1}{2}$ oz. of gelatine
1 level tablespoon of flour
 $\frac{1}{4}$ to $\frac{1}{2}$ cup of sugar

1 cup of cooked fruit juice
1 cup of cooked fruit pulp

Mix the flour to a smooth paste with a little cold juice. Soak the gelatine in a tablespoon of cold juice for about 5 minutes, then add the sugar, the rest of the juice, and the flour mixture. Heat it to boiling point, stirring continually, and cook for 3 minutes. Cool it in a large basin, and when it is beginning to set beat it with an egg beater until it is thick. Add the fruit pulp and pour the mixture into a wet mould. Apricots, peaches, nectarines, berry fruits, grapes—in fact, most fruits—are good as flummery except, perhaps, bananas and pears

Passion Fruit Flummery

$\frac{1}{4}$ oz. of gelatine
1 tablespoon of flour
1 cup of passion fruit pulp (preserved
pulp may be used)

1 cup of water
 $\frac{1}{4}$ cup of sugar
Lemon juice to taste

Mix the flour to a smooth paste with a little of the water. Soak the gelatine in the rest of the water for 5 minutes. Add the flour paste and the sugar to the gelatine mixture and stir them thoroughly. Heat and boil the mixture for 3 minutes. Cool it and when it begins to set beat it rapidly with an egg beater. When it is thick fold in the passion fruit pulp and lemon juice. Pour the flummery into a mould or serve it in individual dishes garnished with cream and crystallised cherries.

Fruit Whips

Fruit whips are made with egg whites with or without gelatine. If the weather is very warm and there is no refrigerator, the recipe using gelatine will be more successful. Soft fruit may be mashed and used raw; apples and other hard fruits can be grated or stewed. The addition of some lemon juice or grated rind brings out the flavour of the other fruits.

For fresh soft fruit use the whites of 2 eggs, 1 cup of sugar, and $1\frac{1}{2}$ cups of mashed fruit. Beat the whites with the sugar until they are very stiff, fold in the mashed fruit, and pile the sweet into a glass bowl or small individual dishes.

For stewed fruit use

1 tablespoon of gelatine
 $\frac{1}{4}$ cup of cold water
2 cups of cooked fruit pulp and juice

2 egg whites
 $\frac{1}{4}$ to 1 cup of sugar, depending on
the tartness of the fruit

Soak the gelatine in the cold water, pour on 1 cup of hot fruit juice to dissolve it, and set the jelly aside to cool and thicken. Whip the egg whites until they are stiff, add 1 to 2 tablespoons of sugar, and beat them again. Beat the cooled gelatine mixture until it is frothy, add the fruit pulp, beat again, then combine the egg and fruit mixtures. Serve whips with thin custard made with the yolks of the eggs.

Banana Prune Whip

$\frac{1}{4}$ cup of prune puree
 $\frac{1}{3}$ cup of sugar
 1 cup of thinly sliced bananas

1 tablespoon of lemon juice
 2 egg whites
 Salt

To prepare the prune puree drain slightly sweetened stewed prunes thoroughly, remove the stones, cut the prunes into small pieces, and with a wooden spoon rub the pulp through a sieve.

Mix the prune puree, sugar, and a pinch of salt, and cook them over low heat, stirring constantly until the sugar is dissolved. Cool the mixture. Add to it the bananas and lemon juice, mixing them in well. Beat the egg whites and to them add the prune-banana mixture, a little at a time, beating constantly until the mixture is smooth, thick, and fluffy.

Four to six servings can be made from these quantities.

Gooseberry Whip

Use the stewed fruit recipe and method for gooseberry whip. Stew the gooseberries with sugar until they are broken. Tint the whip with vegetable colouring to a very pale green, pour it into individual dishes, and set them aside to cool. Whisk an extra egg white until it is very stiff, add sugar and flavouring to taste, and use it to decorate the sweets.

Grapefruit Whip

2 tablespoons of gelatine
 $\frac{1}{2}$ cups of grapefruit juice
 1 cup of thick custard
 $\frac{1}{4}$ cup of chopped nuts
 (optional)

$\frac{3}{4}$ cup of sugar
 $\frac{1}{4}$ cup of lemon juice
 $\frac{1}{4}$ cup of cold water
 $\frac{1}{2}$ cup of hot water

Soak the gelatine in the cold water for a few moments, then dissolve it in the hot water. Add the sugar to the fruit juice, then add the dissolved gelatine and stir the mixture well. Set it aside in a cool place. When the jelly has thickened and is beginning to set beat it thoroughly with a rotary beater until it is white and foamy. Fold the custard and finely chopped nuts into the fruit mixture. The amount of fruit juice may be decreased and of water increased if the total volume is kept the same.

Lemon Whip

$\frac{1}{2}$ cup of lemon juice
 $\frac{1}{4}$ cup of sugar
 2 egg whites

2 cups of water
 2 level tablespoons of gelatine (1oz.)

Soak the gelatine in $\frac{1}{2}$ cup of cold water. Heat the rest of the water with the sugar, pour it on to the soaked gelatine, and stir until the gelatine has dissolved. Add the lemon juice. Beat the egg whites until stiff and fold them into the lemon mixture. Pour the mixture into a wet mould and leave it to set. Make a custard sauce with the egg yolks, 2 cups of milk, 1 tablespoon of sugar, a pinch of salt, and a few drops of vanilla essence. Beat the yolks slightly, add the sugar and salt, and stir gradually into the hot milk. Cook over boiling water for 5 minutes, stirring continually, and taking care not to allow the custard to boil, or it will curdle. Add vanilla when the sauce is removed from heat and cool quickly.

Fruit Whip with Tree Tomatoes

2 cups of tree-tomato pulp
2 egg whites

$\frac{1}{2}$ cup sugar
1 teaspoon lemon juice

The pulp may be cooked or used raw according to taste. Mash with the back of a wooden spoon, add the sugar, and cook gently until tender. Beat the egg whites until stiff, add the fruit mixture when cold, and the lemon juice. Pile in individual dishes and serve with boiled custard made with the yolks of eggs.

Chinese Gooseberry Fool

Beat 2 egg yolks with a pinch of salt, 1 level tablespoon of corn-flour, and $\frac{1}{2}$ teaspoon of vanilla essence, gradually add 1 cup of scalded milk, and cook the mixture over boiling water until it is thickened; then stir in $1\frac{1}{2}$ oz. of sugar and cool it. Beat the 2 egg whites until they are stiff, then beat in another $1\frac{1}{2}$ oz. of sugar. Fold the egg whites into the cooled custard and add 1 cup of well-drained cooked Chinese gooseberry pulp. Pile the sweet into a serving dish and garnish it with slices of uncooked Chinese gooseberries.

Half to 1 cup of whipped cream improves the food if it is added after the egg whites have been blended with the custard.

Passion Fruit Fool

1 pint of passion fruit pulp
1 pint of milk

5 tablespoons of sugar
2 tablespoons of custard powder

Mix the passion fruit pulp and 4 tablespoons of sugar in a bowl and leave the mixture to stand. Make a custard with the milk, custard powder, and remainder of the sugar, and allow it to cool a little. Pour the cooled custard into the passion fruit pulp and stir the mixture thoroughly. Beat it with a fork for a minute or two and pile it into individual dishes. Allow it to cool thoroughly and garnish it with whipped cream or grated chocolate.

Banana Tapioca Cream

2 tablespoons of tapioca
 $\frac{1}{4}$ teaspoon of salt
 $\frac{1}{3}$ cup of sugar
2 cups of milk

1 egg
1 teaspoon of grated orange rind
1 cup of sliced banana

Mix the tapioca, salt, and half the sugar. Heat the milk in a double boiler and add these ingredients to it. Cook the mixture over boiling water until the tapioca is cooked, stirring frequently. Combine the well-beaten egg yolk and the remaining sugar and to this add a small amount of the tapioca mixture, stirring constantly. Pour this back into the remaining hot mixture while beating vigorously. Continue cooking the mixture for about 5 minutes, stirring constantly. Fold it into the stiffly beaten egg white and cool it. Add the orange rind and fold in the bananas. Chill the mixture and just before serving garnish it with freshly sliced bananas. The quantities given are sufficient for six servings.

Banana Passion Fruit Cream

4 passion fruit
2 eggs
 $\frac{1}{2}$ cup of sugar

$\frac{1}{2}$ cup of water
1 tablespoon of cornflour
2 tablespoons of milk

Take the pulp from the fruits, add the sugar and water to the pulp, and cook gently for 5 minutes. Mix the egg yolks and cornflour with the milk and add the hot mixture to it. Return to the heat and cook until thick. Cool slightly and fold in the stiffly beaten egg whites. Pile in separate dishes. (6 servings.)

A Variation

Set a lime jelly in a ring mould. Unmould it on a serving dish. Allow the passion fruit cream to cool thoroughly and pile it into and round the ring mould. (6 to 8 servings.)

Coffee Cream

1 pint of coffee infusion (use 6 table-
spoons of ground coffee)
1 oz. of gelatine

10oz. of sugar
1 pint of unsweetened whipped cream

Soak the gelatine in the coffee for $\frac{1}{2}$ hour. Add the sugar and bring to the boil, stirring well. Pour the mixture into a bowl and when it begins to set fold in the whipped cream. (6 servings.)

Coffee Spanish Cream

$1\frac{1}{2}$ cups of coffee infusion
 $\frac{1}{2}$ cup of milk
 $\frac{2}{3}$ cup of sugar
 $\frac{1}{4}$ teaspoon of salt

1 tablespoon of gelatine
3 eggs
 $\frac{1}{2}$ teaspoon of vanilla

Mix the coffee, milk, gelatine, and half of the sugar and heat them in a double boiler over water. Separate the egg whites and yolks and beat the yolks, salt, and the remainder of the sugar together and add the hot mixture to this, stirring carefully. Return the mixture to the double boiler and cook it gently until it coats the spoon. Fold in the stiffly beaten egg whites and vanilla and turn the mixture into a wet mould. Chill the mixture. To serve, unmould the spanish cream and garnish it with whipped cream or custard. (6 servings.)

Java Cream

2 tablespoons sago
2 cups milk
Pinch salt
1 egg

$\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup coconut
Vanilla

Boil sago, milk, and salt 15 minutes till sago is clear. Mix beaten egg yolk and sugar and stir into sago. Cook until thickened. Remove from heat, add coconut, cool a little, and then fold in stiffly-beaten egg white. Add vanilla. Serve cold.

Lemon Cream

2 tablespoons of sugar
3 lemons

6 eggs

Grate the rind of 1 lemon. Squeeze the 3 lemons and strain the juice into a saucepan. Add the grated rind, sugar, and egg yolks. Stir these ingredients over gentle heat until they thicken, but do not boil them. Beat the egg whites stiffly and stir them into the lemon-and-egg mixture. Pour the sweet into a glass dish and serve it with thin cream or whipped cream.

Pawpaw and Passion Fruit Cream

2oz. of butter	2 eggs
2 tablespoons of flour	2 tablespoons of gelatine
1½ cups of milk	½ cup of hot water
½ cup of sugar	Pulp of 4 passion fruit
1 packet of lemon jelly	1 cup of sliced pawpaw flesh

Melt the butter, add the flour, and cook for 2 to 3 minutes without allowing the mixture to brown; stir in the milk and sugar and continue stirring until the mixture boils. Set aside to cool slightly. Fold in the lightly beaten egg yolks, stirring occasionally until the mixture is cold. Fold in the gelatine, softened in the hot water, and the passion fruit pulp; then fold in the stiffly beaten egg whites. Prepare the lemon jelly in the usual way and pour a little into a wet mould. Allow this to set a little and then add sufficient pawpaw to make a ½ in. layer. Add just sufficient jelly to cover the pawpaws. Allow to set a little and pour in the passion fruit cream. Chill until the cream sets (20 minutes). Add the remainder of the pawpaw and jelly and allow to set overnight if possible. Unmould the dessert on to a serving dish and garnish with whipped cream.

Persimmon Cream

2 cups of persimmon pulp	¼ cup of chopped nuts
2 cups of thick custard sauce	¼ cup of chopped cherries

Make the custard sauce in the usual way, using 2 eggs and 1 tablespoon of cornflour for 2 cups of milk. Blend the custard and persimmon pulp. Fold in the nuts and fruit. Serve the mixture in individual dishes with a thin slice of lemon, or turn it into a freezing tray and freeze it for half an hour.

Spiced Pawpaw Cream

1¼ cups of cooked pawpaw pulp	½ teaspoon of cinnamon
½ cup of sugar	3 eggs
1 cup of milk	¼ cup of cold water
½ teaspoon of ground ginger	1 tablespoon of gelatine
½ teaspoon of grated nutmeg	Pinch of salt

Put the pulp into the top of a double boiler and add the milk, sugar, spices, and salt. Mix well and when the mixture is hot add the egg yolks, lightly beaten. Continue cooking, stirring the mixture until it is thick and smooth. Soften the gelatine in the cold water and add it to the hot fruit mixture. Set the mixture aside to cool, stirring it occasionally. Beat the egg whites stiffly and fold them into the mixture when it is nearly cold. Pour the mixture into a wet mould and allow it to set. Unmould and garnish with whipped cream.

Pawpaw Shape

1 cup of cooked pawpaw pulp	3 tablespoons of sugar
1 cup of boiling water	1 tablespoon of marmalade or 1 table-
2 tablespoons of cornflour	spoon of lemon pulp
$\frac{1}{4}$ cup of cold water	

Mix the cornflour, sugar, and cold water to a thin cream; add the boiling water. Cook this mixture, stirring all the time, until it begins to thicken. Add the cooked pawpaw pulp and cook the mixture for 5 minutes, stirring constantly. Stir in the marmalade (or lemon pulp) and pour the mixture into a wet mould. Allow to cool. Unmould on to a serving plate and garnish with chopped cherries or nuts.

Chocolate Souffle

2 tablespoons gelatine	1oz. (2 tablespoons) butter
2 tablespoons cocoa	2 eggs
3oz. sugar	1 pint milk

Mix together all except eggs and cook over gentle heat till sugar and gelatine are dissolved. Add 2 egg yolks slightly beaten, cook till thickening. Fold in two egg whites stiffly beaten and flavour to taste. Pour into wetted mould.

Marshmallow

2 dessertspoons of gelatine	3 egg whites
$\frac{1}{2}$ cup of boiling water	Pinch of salt
$\frac{3}{4}$ cup of cold water	$\frac{3}{4}$ cup of sugar
$\frac{1}{4}$ teaspoon of citric acid	$\frac{1}{4}$ teaspoon of lemon essence

Dissolve the gelatine and citric acid in boiling water, add the cold water, and cool the liquor quickly. Add the salt to the egg whites and beat them until they are stiff. Gradually add the cold gelatine and the sugar, a little of each at a time, beating the mixture constantly. Add the essence. Pile the mixture into a glass dish.

A good combination is marshmallow served with fruit and a custard made from the egg yolks. It is ready almost immediately for use, but is better if left to stand for about an hour.

The rind and juice of a lemon may be used instead of the lemon essence, or a teaspoon of concentrated fruit extract (for making fruit drinks) instead of the essence and citric acid. The whole pudding may be coloured or one-third of the mixture may be coloured and put between two white layers when the pudding is put into the glass dish.

Coffee Marshmallow

$\frac{1}{2}$ oz. gelatine	1 tablespoon of coffee infusion
1lb. of sugar	

Soak the gelatine in a bare $\frac{1}{2}$ cup of water for $\frac{1}{2}$ hour. Soak the sugar in a bare $\frac{1}{2}$ cup of water for $\frac{1}{4}$ hour, bring it to the boil, and boil for 5 minutes. Add the gelatine mixture and simmer it for 5 minutes; it must not boil. Add the coffee infusion and allow the mixture to cool a little. Beat the mixture until it is thick and the marshmallow stands in little peaks. Pile the marshmallow into dishes and allow it to set. Garnish with glace cherries or coloured coconut. (4 to 6 servings.)

As this dessert is very sweet, a spoonful of tart fruit may be placed at the bottom of the dish and the marshmallow piled on it.

Banana Passion Fruit and Pineapple Salad

9 passion fruit
 $\frac{3}{4}$ cup of sugar

6 slices of pineapple

Remove the pulp from the passion fruit and mix it with the sugar. Pile the mixture into a serving dish. Cut the pineapple slices in sixths and arrange them round the edge of the bowl. Pour the pineapple juice over all. (6 servings.)

Autumn Salad

Skin tree tomatoes after dipping them into boiling water and slice them into a salad bowl. Add sliced bananas, diced apples, and the pulp of one or two passion fruits. Pour over them the required quantity of honey syrup, made in the proportions given. Decorate the salad with slices of Chinese gooseberry and stand it in a cool place for an hour or two to allow the flavours to blend.

Individual Pawpaw Fruit Salad

6 pawpaws
 3 sweet oranges
 1 cup of pineapple juice

6 slices of preserved pineapple
 6 passion fruit

Peel the pawpaws, remove and discard the seedy pulp, and cut the flesh into neat pieces. Peel and cut up the oranges and scoop the pulp from the passion fruit. Cut the pineapple into neat pieces. Arrange the fruits in six glasses and pour a little of the pineapple juice over each. Prepare the salads some hours before the meal to develop the fullest flavour. (6 servings.)

Melon Salad

1 cup of diced water melon
 1 cup of diced rock melon
 $\frac{1}{4}$ cup of honey

Juice of 1 lemon
 $\frac{1}{4}$ cup of whipped cream

Blend the honey and lemon juice, pour them over the fruit, and leave the salad to stand for an hour or more. Fold in the whipped cream and serve it on small glass plates or individual salad dishes.

Sweet Stuffed Pawpaw Salad

1 large pawpaw
 2 Chinese gooseberries
 1 sweet orange

2 tablespoons of sugar
 2 tablespoons of water

Peel the pawpaw thinly and cut it in halves lengthwise. Remove the seedy pulp and place it with sugar and water in a saucepan. Bring the mixture to the boil and cook it gently for 3 to 5 minutes. Strain through a coarse sieve to remove the seeds. There should be at least 4 tablespoons of juicy pulp. If the quantity is not sufficient, make it up with lemon juice. Peel and slice the Chinese gooseberries and peel and cut the orange into sections. Into each half of the pawpaw put 1 tablespoon of the pulp, and fill the halves with Chinese goose-

berry slices and orange sections. Put 1 tablespoon of the pulp on the top of each filled half shell. Chill for 1 hour before serving and sprinkle with sugar just before serving. (2 servings.)

Junkets

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|--------------------------------|---|
| 2 cups milk | $\frac{1}{2}$ teaspoon rennet or according to |
| $\frac{1}{4}$ teaspoon vanilla | directions given by manufacturer |
| 2 teaspoons sugar | |

Warm milk not hotter than blood heat (pleasantly warm). Dissolve sugar in it. Put rennet and vanilla in bowl in which junket is to set. Pour warmed, sweetened milk on to it and leave to set. Do not stir, as at certain temperatures the junket may set at once.

Variations

1. **Cocoa.**—1 teaspoon to 1 cup milk. Pour 1 tablespoon boiling water on to cocoa and boil. Add milk to warm.

2. **Caramel.**—Caramelise 1 tablespoon sugar. Dissolve in warm milk. Add no other sugar but use milk, rewarmed if necessary, when all the caramel has dissolved. Avoid over-caramelising, as acid will be produced.

3. **Chocolate.**— $\frac{1}{4}$ oz. to 1 cup milk. Melt, add warm milk. Stir till dissolved. No extra sugar is needed if the chocolate used is sweet.

4. **Coffee.**—2 tablespoons coffee infusion or 1 teaspoon essence added to each cup of milk before warming.

5. **Egg.**—Beat an egg and add to warming milk.

6. **Coloured.**—The addition of food colouring to milk makes it attractive for little children.

Note.—Milk used for junket must be fresh. Rennet has no action on boiled or over-heated milk.

Ice Cream Cake

If there is a refrigerator in the house, or if the store is near enough for ice cream to be obtainable, give the family a treat with a chocolate pudding with ice cream filling. Make the chocolate cake with

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| $\frac{1}{4}$ cup of butter or clarified dripping | 1 egg |
| 2 cups of sifted flour | 1 tablespoon of cocoa |
| 2 level teaspoons of baking powder | 1 small cup of top milk |
| $\frac{1}{2}$ cup of sugar | |

Cream the butter and sugar, add the egg whole, and beat the mixture well. Sift the flour, cocoa, and baking powder and add them gradually, mixing to a soft dropping batter with the milk. Bake the cake in a square tin in a moderate oven for $\frac{3}{4}$ to 1 hour.

When required, split the cake down the centre and fill it with a layer of ice cream. Put more ice cream on top, and decorate with slices of peaches, nectarines, or other fruit, fresh or preserved.

Banana Caramel Ice Cream

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| 1 cup of mashed bananas | $\frac{1}{3}$ cup of milk |
| 2 teaspoons of lemon juice | 2 eggs |
| $\frac{1}{4}$ cup of firmly packed brown sugar | 1 cup of cream |
| $\frac{1}{4}$ teaspoon of salt | 1 teaspoon of vanilla |

Mix the bananas and lemon juice. Add to them the sugar, salt, and milk, stirring until they are well mixed. Beat the egg whites and yolks separately until they are stiff. Whip the cream until it is thickened but not stiff. Combine the banana mixture with egg whites, egg yolks, cream, and vanilla. Turn the mixture into freezing trays and freeze it in a refrigerator with the indicator set at its coldest position. Stir the mixture every 30 minutes until the ice cream holds its shape, and then continue freezing it until it is firm.

Coffee Ice Cream

2 teaspoons of gelatine	1 cup of milk
4 teaspoons of instant coffee	2 cups of cream
$\frac{1}{2}$ cup of sugar	$\frac{1}{2}$ teaspoon of vanilla
Pinch of salt	

Put the gelatine, instant coffee, salt, sugar, and milk in a saucepan. Heat gently, stirring constantly until the gelatine is dissolved, which should happen in 2 or 3 minutes. Cool the mixture. Add the cream and vanilla and mix well. Turn the mixture into a freezing tray and freeze it until it is solid for $\frac{1}{4}$ in. round the edges of the tray. Turn it into a bowl and beat until it doubles its volume. Return the mixture to the tray and freeze it until it is solid.

This ice cream is a nice dessert with stewed fruit, or it may be used as a filling for ice cream puffs for afternoon tea.

Strawberry Ice Cream (1)

$\frac{2}{3}$ cup of sweetened condensed milk	$\frac{1}{3}$ cup of water
1 cup of crushed strawberries	$\frac{1}{4}$ cup of sugar
1 cup of unsweetened mock cream	

Mix the condensed milk and water and add the strawberries and sugar. Pour them into a freezing tray and place them in a refrigerator set at its lowest point. Chill them, then add the cream, mixing well. Cool the mixture rapidly until it is half frozen, scrape it into a basin, and beat it hard until it is smooth but not melted. Replace it in the refrigerator, and repeat the beating once more before the ice cream is completely frozen.

Strawberry Ice Cream (2)

1 pint of milk	1 dessertspoon of cornflour
2 eggs	2 tablespoons of sugar
2 teaspoons of gelatine	1 cup of crushed strawberries
Pinch of salt	

Make a custard with the egg yolks, cornflour, and sugar. Dissolve the gelatine in a little cold water and add it to the custard, mixing thoroughly. Pour it into the freezing tray and leave it until it is nearly frozen. Whip the egg whites with the salt until they are stiff. Crush the strawberries. Beat the custard, add the pulped fruit, then fold in the egg whites. Put the ice cream back into a refrigerator until it is frozen.

"Floating Island"

$1\frac{1}{2}$ pints milk	1 dessertspoon of cornflour
3 eggs	Salt
3 tablespoons of sugar	Vanilla essence

Separate the eggs. Add a pinch of salt to the whites, beat them until they are stiff and dry, and fold in 2 tablespoons of the sugar. Take the yolks, 1 tablespoon of sugar, and the cornflour, and mix them to a smooth paste with a little cold milk. Heat the milk to boiling point, drop in spoonfuls of the beaten whites, and cook them for 2 or 3 minutes. Take them out with a large spoon (a slotted spoon is helpful) and put them into a serving dish. Pour the blended yolks into the hot milk and cook the mixture until it is thickened, stirring continuously. Cool slightly, add vanilla essence to taste, and pour into the serving dish gently so that the cooked whites float to the top.

Chopped walnuts sprinkled over the top give extra zest to the dish.

The addition of coconut and jam gives another variety of "floating island". When they have been cooked put the whites on a flat dish or large plate. Add coconut to the custard after boiling it, pour it into the serving dish, spread a layer of thinned jam on top, and slide the whites on from the plate. Sprinkle with coconut just before serving.

Strong coffee or coffee essence used in place of some of the milk for the custard gives another variation.

Moonshine Pudding

2 tablespoons of cornflour
1 cup of sugar
2 egg whites

2 cups of water
Pared rind and juice of 2 medium-sized lemons

Blend the cornflour with a little of the water to a smooth cream. Put the rest of the water into a saucepan with the thinly-pared rind of the lemons and bring it to the boil slowly. Strain out the lemon rind and pour the liquid back into the saucepan. Put in the sugar and heat it until dissolved; then pour in the cornflour mixture and cook 10 minutes, stirring constantly. Remove the pudding from the heat and add the strained lemon juice. Leave it to cool slightly while the egg whites are beaten until stiff. Beat the whites into the mixture and pour the whole into a serving dish.

Make the yolks into a firm custard with 1 dessertspoon of cornflour, 1 tablespoon of sugar, and $\frac{1}{2}$ pint of milk. Pour it into another serving dish, and set the pudding and custard aside to cool.

Trifle

$\frac{1}{2}$ to 1 cup cake or flaked breakfast food crumbs
 $\frac{1}{2}$ cup fruit pulp or jam
 $\frac{1}{2}$ cup hot fruit juice (if available)
2 cups milk

Essences
2 eggs
Nuts or coconut if liked
1 tablespoon sugar

Crumble stale cake, buns, or breakfast food crumbs into a bowl. If no fruit juice is available, put $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon each of as many essences as you have (not peppermint) into $\frac{1}{2}$ cup of hot water and pour over fruit. (Lemon, vanilla, almond, orange, rum, brandy, and raspberry essences are not too many). Spread fruit pulp or jam (or both) over moistened crumbs. Make a soft custard with eggs, sugar, milk, and a little more essence and pour carefully over cake and fruit. If custard more than fills bowl, serve the rest separately in a jug.

Garnishes

A little dressing up will improve the appearance of many cold desserts and also add variety.

Fruits such as raspberries, strawberries, cherries, orange sections, sliced pineapple, apricots or peaches, or bananas dipped in lemon juice to prevent discoloration may all be used. Chinese gooseberries skinned and sliced are particularly attractive for colour and design.

Jelly may be set in a thin layer and cut into fancy shapes or chopped coarsely and used for decoration.

Whipped cream may be used plain or tinted to a delicate shade and piped on to sweets.

Glaze fruits such as cherries and angelica after being washed to remove the sugary coating may be shaped into flowers, stems, or leaves.

Chopped nuts are also effective, and shredded coconut, plain, tinted, or browned in the oven, makes an attractive decoration.

Grated orange rind, grated chocolate, marshmallows, or miniature meringues may also be used.

Spun caramelised sugar is crunchy and palatable. To make this heat some sugar in a heavy pan until it is caramelised, then pour it in a thin stream from a height into a bowl of very cold water. Remove quickly from the water and sprinkle over whipped cream topping. Serve immediately.



17—Puddings and Pies

Apple Pie

SLICE prepared apples into a piedish and pour over them 1 cup of honey mixed with 1 tablespoon of lemon juice or water. Add a few cloves or $\frac{1}{2}$ teaspoon of cinnamon and dots of butter. Cover the fruit with a pastry crust, flute the edges, and prick the top for decoration and to allow steam to escape. Bake the pie for about 40 minutes in a moderately-hot oven.

Apple Mince Pie

3 or 4 large apples
2 tablespoons of golden syrup
A pinch of mixed spice

$\frac{1}{2}$ cup of currants, sultanas, or dates
Pastry to line and cover the dish

Peel and chop the apples and mix all the ingredients together. Line a dish with pastry, place the mixture in the dish, and cover it with more pastry. Bake the pie in a hot oven (450 degrees F.).

Apple and Pumpkin Tart

Short pastry to line sandwich tin or pie plate.

1 cup cooked pumpkin
 $\frac{3}{4}$ lb. raw sliced apple

Ground allspice
2oz. sugar

Fill the cooked pastry case with alternate layers of thinly-sliced apple and mashed pumpkin. Sprinkle each layer with sugar and a very little ground allspice. Make the top layer apple. Bake in a hot oven until apple is cooked, about 40 minutes. Serve hot, sprinkled with sugar.

Banana Butterscotch Pie

$\frac{3}{4}$ cup of firmly packed brown sugar	2 tablespoons of butter
5 tablespoons of flour	$\frac{1}{2}$ teaspoon of vanilla extract
$\frac{1}{2}$ teaspoon of salt	3 ripe bananas
2 cups of milk	1 baked 9in. pie shell
2 egg yolks, slightly beaten	

Combine the sugar, flour, and salt in the top of a double boiler. Add the milk slowly, mixing it in thoroughly. Cook the mixture over rapidly boiling water until it is well thickened, stirring it constantly. Cook it for 10 minutes longer, stirring it occasionally. Stir a small amount of the hot mixture into the egg yolks, and then pour it all back into the remaining hot mixture while beating it vigorously. Cook the mixture for 1 minute longer, then remove it from the heat and add to it the butter and vanilla. Cool the filling. Peel and slice the bananas into the pie shell and cover them immediately with the filling. Garnish the pie with slices of banana just before serving it.

Banana Custard Tart

Make an ordinary soft custard with eggs, in the proportion of one to each cup of milk, sufficient nearly to fill a previously baked deep plate tart. Add sugar and essence to taste. Slice a banana or two into the custard and pour it into the tart. Reheat the tart, or if it is to be served cold, make sure the custard has cooled down before putting it into the tart.

Alternatively an extra egg may be used and the yolks only used in the custard. Whip the whites with a little sugar, spread them over the custard in the tart, and bake it until the meringue is browned.

Banana Passion Fruit Pie

8in. cooked shell of short pastry	$\frac{1}{2}$ cup of water
Pulp of 4 passion fruit	$1\frac{1}{2}$ tablespoons of cornflour
$\frac{1}{2}$ cup of sugar	

Heat the passion fruit pulp, sugar, and water and simmer them for 5 minutes. Mix the cornflour to a thin paste with a little cold water. Add the hot mixture to this and mix thoroughly. Return to the heat and bring to the boil, stirring all the time until thick and clear. Pour into the pie shell and serve either hot or cold. (6 servings.)

Chiffon Pie

1 dessertspoon of gelatine	$\frac{1}{2}$ teaspoon of salt
1 cup of milk	1 cup of thin cream
A baked pastry pie shell about 9in. in diameter	$\frac{2}{3}$ cup of sugar
3 eggs, separated	2 teaspoons of rum essence

Soften the gelatine in $\frac{1}{4}$ cup of cold water. Scald the milk and cream; beat the egg yolks with $\frac{1}{3}$ cup of sugar and the salt, and add the scalded milk and cream slowly while stirring continually. Cook the mixture over water until it is thick enough to coat the back of a wooden spoon, but do not allow it to boil. Remove the pan from the heat and add the gelatine, stirring until it is dissolved. Add the flavouring when the mixture is cool, and chill it until it is beginning to set.

Meanwhile beat the egg whites stiffly with the other $\frac{1}{3}$ cup of sugar. Fold them into the semi-set mixture and pour it into the pie shell.

Chocolate Raisin Pie

5 teaspoons cocoa
3 cups milk
 $\frac{1}{2}$ cup sugar
2 eggs (separated)

3 heaped teaspoons cornflour
1 cup raisins
Vanilla

Line a greased sandwich tin with short pastry and bake $\frac{1}{4}$ hour in a moderate oven. (Do not overcook pastry at this stage.)

Mix cocoa, milk, and sugar in a saucepan, and bring to boil. Pour into cornflour mixed to a thin cream with a little milk, return to saucepan and cook 5 minutes, stirring all the time. Remove from stove and add beaten yolks, raisins, and vanilla.

Pour into the baked pastry shell. Beat whites with 2 tablespoons sugar, spread over custard, and bake in a very slow oven till brown.

Coffee Tart

$\frac{1}{2}$ lb. of short pastry
2 tablespoons of stewed fruit or jam
1 dessertspoon of coffee essence

1 cup of milk
1 dessertspoon of cornflour
1 tablespoon of butter

Line a pie plate or sandwich tin with the pastry and bake it. Spread the pastry with the jam or stewed fruit, which must not be too moist. Mix the cornflour to a thin paste with a little cold water. Heat the milk, coffee essence, and butter together and pour this mixture into the cornflour mixture. Return the mixture to the heat and cook it, stirring all the time until it is thick and starts to leave the side of the pan, which should happen in 5 minutes. Pile the cooked mixture on to the pastry. (6 to 8 servings.)

Feijoa Pie

2 cups of flour
1 cup of fat
Pinch of salt

Water to mix
Peeled and sliced feijoas
Sugar

Cut the fat into the flour and salt and add sufficient water to make a stiffish dough. Divide the pastry in halves. Roll half of it out and line a pie plate with it. Sprinkle a little sugar on the pastry; then add the feijoa slices and sprinkle a little sugar over them. Roll out the remainder of the pastry and cover the fruit with it. Pinch the edges of the pastry together. Cut two slits in the top of the pastry for steam vents and decorate the pie with the pastry trimmings. Bake at 375 degrees for $\frac{3}{4}$ hour.

Feijoas can be treated like apples in making one-crust pies and sponges for puddings or in making fruit roly-poly.

Grapefruit Tart

1 tablespoon of gelatine
 $\frac{1}{4}$ cup of cold water
4 eggs
 $\frac{1}{2}$ teaspoon of salt
Prepared 9in. pie crust

$\frac{3}{4}$ cup of sugar
1 tablespoon of lemon juice
1 cup of grapefruit pieces and a few whole segments
Whipped cream

Soak the gelatine in the cold water. Beat the egg yolks, add the salt, half the sugar, and the lemon juice, and cook the mixture over hot water until it has thickened. Add the gelatine, stirring the mixture until the gelatine dissolves, and the grapefruit pieces. Put the mixture aside to cool. When the gelatine mixture has partly set beat the egg whites to moist peaks, beat in the remaining sugar, and fold the meringue into the gelatine mixture. Heap the mixture lightly in a prepared pie crust, and when it has set garnish it with whipped cream and grapefruit segments.

Golden Syrup and Lemon Tart

Line a sandwich tin or pie plate with pastry and prick the pastry over the bottom. Cover with 1 cup of soft breadcrumbs. Squeeze the juice of 1 lemon over the crumbs and pour on 3 tablespoons of golden syrup. Cut strips of pastry and arrange them on top of the mixture in lattice or other pattern.

Bake in a moderate to hot oven until the parsley is lightly browned. Syrup burns very readily, so the pie should be carefully watched to prevent scorching.

Honey Fruit Pie

1½ cups of raisins, currants, and sul- tanias mixed	2 tablespoons of butter
1 tablespoon of orange and lemon peel	2 tablespoons of cornflour
4 tablespoons of lemon juice	1 cup of cold water
¾ cup of honey	Pinch of salt

Mix the cornflour with a little of the cold water until it is smooth, then add honey, fruits, butter, and the rest of the water. Bring the mixture to the boil and cook it for 3 or 4 minutes until it begins to thicken. Pour it into a pastry-lined deep plate, cover it with pastry, and bake the pie in a moderately-hot oven for 30 to 35 minutes.

Lemon Puff Pie

½ small cup of sugar	2 egg whites
2 egg yolks	½ small cup of sugar
2 tablespoons of hot water	Pinch of salt
Juice and rind of 1 lemon	½ teaspoon of baking powder

Combine one lot of sugar, egg yolks, and hot water, and cook over boiling water until the mixture is thick. Then add the lemon rinds and juice. Beat the egg whites until stiff and dry, and gradually add the other quantity of sugar, baking powder, and salt. Combine the two mixtures, mixing thoroughly. Put it into a baked pie shell and cook in a moderate oven (350 degrees) until it has set and is very slightly browned. Serve hot or cold.

Lemon Pies

To save time, pie shells can be made on the usual baking day and kept in an airtight tin. They are then ready to be filled when needed.

Roll short pastry fairly thin and line sandwich tins or pie plates. Pinch the edges to crimp them and prick the bottom all over with a fork. Lay a piece of buttered greaseproof paper prepared side down on the pie shell and weight it with crusts of bread. Bake the shell

in a hot oven until the pastry is set; remove the paper and crusts, and then bake a little longer to finish cooking. Remove from tin or plate carefully and put on a cake rack to cool.

Lemon Meringue Pie

Pastry (for one pie 9in. in diameter):

1 cup of flour	Pinch of salt
1/3 to 1/2 cup of fat (butter, lard, dripping, or mixture)	2-3 teaspoons of cold water
	1 teaspoon of baking powder

Sift flour, salt, and baking powder into a basin. Cut the fat in roughly and rub in with the finger tips. Add water slowly, mixing with a knife until the mixture is just moist enough to roll out. Turn it on to a lightly-floured board and roll it out. Fold the lower and upper edges to the centre, roll out, fold the sides to the centre, and roll out again. Line a sandwich tin or pie plate, cut off the surplus edges, and prepare the pastry for the oven in the manner described previously. Bake in a hot oven (500 degrees F.) for 5 minutes to allow the pie to set, and then bake it at a lower temperature for another 5 minutes or until it is cooked.

Lemon Filling:

1 1/3 cups of water	2 egg yolks
2 tablespoons of cornflour	4 tablespoons of lemon juice
2 tablespoons of flour	2 teaspoons of grated rind
2/3 cup of sugar	Pinch of salt

Put the water on to boil. Mix the flour, cornflour, and sugar together with half a small cup of cold water until the mixture is smooth; mix the egg yolks slightly beaten and add the mixture slowly to the boiling water. Cook for 5 minutes, stirring continually. Remove from the heat and add the lemon rind, juice, and salt. Pour into the baked pie shell.

Meringue Top:

2 egg whites	Pinch of salt
4 tablespoons of sugar	1 small teaspoon of baking powder

Beat the egg whites until stiff and add sugar gradually, beating well between each addition. Add the baking powder and salt last. Spread the mixture on top of the lemon filling and smooth it with the back of a tablespoon. Bake in a moderate oven (325 degrees) for 10 minutes or until pale brown. The pie can be served hot or cold.

Meringue Pie

Pulp of 6 passion fruit	3 tablespoons of cornflour
2 eggs	1/2 tablespoon of butter
1 cup of sugar	1/4 teaspoon of salt
1 1/2 cups of milk	8in. short-pastry shell

Boil the passion fruit pulp with 1/2 cup of sugar for 5 minutes and sieve the mixture. Heat the milk, butter, salt, cornflour, and egg yolks and stir until the mixture just begins to thicken. Gradually add the fruit pulp, stirring to prevent curdling. Set aside to cool slightly. Heat the pastry shell in a moderate oven (375 degrees F.). Beat the

egg whites with a pinch of salt until stiff. Beat in the remaining $\frac{1}{2}$ cup of sugar. Spoon the egg mixture into the pastry shell and pile the meringue on top. Brown the meringue in a moderate oven (375 degrees F.) for about 10 minutes. (6 servings.)

New Zealand Tart

Line a pie plate with pastry and bake it lightly. Meanwhile mix the following:—

2oz. of butter	2 grated apples
2oz. of sugar	1oz. of coconut
1 egg well beaten	

Spread the tart with raspberry jam. Pour the apple mixture over this and bake the tart again until it is golden brown.

Passion Fruit Chiffon Pie

$1\frac{1}{2}$ cups of passion fruit pulp	$\frac{1}{2}$ cup of boiling water
$\frac{3}{4}$ cup of sugar	2 egg whites
1 tablespoon of gelatine	Pinch of salt
$\frac{1}{4}$ cup of cold water	

Add the sugar to the passion fruit pulp and mix both thoroughly. Soften the gelatine in the cold water, add the boiling water, and stir the mixture well. Mix it with the pulp and allow it to thicken. Beat the egg whites and salt until the whites are stiff and fold them into the fruit mixture. Pile the chiffon into a previously baked short-pastry shell.

Pawpaw Pie

Short pastry	$\frac{1}{2}$ cup of sugar
2 or 3 pawpaws	$\frac{1}{4}$ teaspoon of grated nutmeg
Butter	Pinch of ground cloves
1 tablespoon of flour	Pinch of salt

Line a pie plate with short pastry. Peel the pawpaws, remove the pulp and slice the pawpaws into the piedish. Mix together the flour, sugar, spices, and salt, and sprinkle the mixture over the fruit. Add 1 tablespoon of cold water and dot butter over the fruit. Cook in a hot oven at 400 degrees F. for about 15 minutes, and then reduce the heat and continue cooking until the fruit is soft and the juice looks thick and clear (about 50 to 60 minutes' total cooking time). The flavour is rather like peach and pineapple combined.

Pawpaw Coconut Pie

3 eggs	$\frac{1}{2}$ lb. of short pastry
1 cup of sugar	$\frac{1}{2}$ cup of desiccated coconut
1 cup of milk	$1\frac{1}{2}$ cups of cooked pawpaw pulp

Line a deep piedish with the short pastry and set it aside in a cool place. Mix the sugar, milk, and pawpaw pulp thoroughly and stir in the well-beaten eggs. Fold in the coconut. Pour the mixture into the pastry and bake at 400 degrees F. for 10 minutes. Lower the temperature and continue cooking for 35 minutes or until the filling is set when tested with a knife halfway between the edge and the centre of the pie. The pie should be a rich golden brown.

Persimmon Pie (1)

Pastry shell	1 cup of sweetened whipped cream
1 cup of persimmon pulp	1 dessertspoon of lemon juice
Walnut halves	

Stir the lemon juice into the persimmon pulp. Fold in the whipped cream. Pile the filling in the pie shell and decorate it with the halved walnuts.

Persimmon Pie (2)

Lightly cooked pie shell	Pinch of ground cloves
1½ cups of persimmon pulp	1 teaspoon of cinnamon
1 cup of sugar	Pinch of salt
1 tablespoon of golden syrup or treacle	2 eggs beaten in 1 cup of milk

Melt the syrup and stir it into the persimmon pulp. Add the dry ingredients and lastly fold in the egg and milk mixture. Pour the mixture into the pie shell and cook the pie at 400 degrees F. until the filling sets.

Pumpkin Pie (1)

1¾ cups of mashed cooked pumpkin	1/3 cup of honey
1½ cups of milk	½ teaspoon of ground ginger
2 eggs	½ teaspoon of nutmeg
1/3 cup (packed tight) of brown sugar	¼ teaspoon of ground cloves
1 teaspoon of cinnamon	Salt

Beat the ingredients together thoroughly and pour them into a pie plate lined with pastry; the quantities given are sufficient for a 9in. pie plate. Flute the edge of the pie crust and decorate the top with pastry shapes. Bake the pie for about 40 minutes in a moderately-hot oven until the edges of the filling are set and the centre is still rather soft.

Pumpkin Pie (2)

Short crust pastry to line deep pie plate or sandwich tin.

1½ cups cooked pumpkin	½ teaspoon cinnamon (ground)
3oz. sugar	½ teaspoon nutmeg (ground), or 2
1 cup milk	teaspoons mixed spice
½ teaspoon ground ginger	2 eggs
½ teaspoon cloves (ground)	

Line a pie plate with pastry, prick over the bottom, weight with dry crusts and bake—or cover an inverted sandwich tin, prick over, and bake upside down until cooked. Remove from outside of tin and put on baking sheet when filling is added. Add spices, sugar, and salt to pumpkin and mix thoroughly. Beat the eggs and add with milk to pumpkin mixture. Turn into the prepared pastry shell and bake in a moderately hot oven till the filling is set, about 30 minutes. Sprinkle with fine sugar and serve hot.

Russian Pie

1 cup of fruit juice or water	3oz. of dates
1 apple	3oz. of raisins
1oz. of mixed peel	½oz. of cornflour
2oz. of nuts	

Cook the apple in the fruit juice, then add the fruit and, if desired, nuts, and simmer the mixture gently for 5 minutes. Thicken it with the cornflour and cook it again for 5 minutes. Use it as a filling for a previously-cooked pastry pie shell or for small tarts.

Strawberry Pie

1 pastry shell
1 dessertspoon of cornflour

About 1lb. of strawberries
1 dessertspoon of sugar

Make a pie shell of short crust pastry and leave it to cool. Wash and stalk the strawberries and set half aside, choosing even-sized fruit. Mash the other half, add $\frac{1}{2}$ cup of water, and heat them slowly to boiling point. Strain them through a sieve, measure the juice, and make it up to 1 cup with extra water if necessary. Bring the juice to the boil again and add the sugar and cornflour, ready blended to a smooth paste with a little cold water. Cook the mixture, stirring constantly, until it is transparent.

Cut the whole strawberries in halves lengthwise and cover the bottom of the pie shell with them, reserving some berries for garnishing. Pour the prepared glaze over them and set the pie aside until it is cold. Decorate it with whirls of sweetened mock cream, with a berry in each.

Baked Puddings

Basic Baked Pudding

Quantities sufficient for 4 reasonable portions.

$\frac{1}{2}$ lb. of flour
1 teaspoon of baking powder
3 oz. of fat
1 egg

3 tablespoons of sugar
About $\frac{1}{4}$ pint of milk
Pinch of salt

Measure the flour, salt, and baking powder into the sifter. Cream the shortening and sugar together, add the egg unbeaten, and beat them again. Sift the flour, baking powder, and salt, and stir thoroughly, adding just sufficient milk to make a soft, heavily-dropping batter. Put the mixture into a greased dish or tin and bake it for 20 to 30 minutes in a fairly quick oven.

The fat can be butter, lard, dripping, vegetable fat, or a mixture of any. Dripping is quite successful; even unclarified dripping can be used if the flavourings of the variety of pudding are strong—for instance, spices and cocoa. Finely-shredded suet will serve, but the pudding is then a little heavier in texture.

The egg can be dispensed with and a little extra milk used, but the pudding is not so light or so tender. The flour can be ordinary flour or wholemeal and white in equal quantities. For a short, crisp pudding replace 1 tablespoon of flour with 1 tablespoon of cornflour to each $\frac{1}{2}$ lb. of flour used.

Variations

Here are 15 variations of the basic recipe. A glance around the kitchen shelves may bring ideas for even more.

Lemon or Orange Pudding

To the quantities given add the grated rind of 1 lemon or orange and the strained juice. Less milk will be needed to mix the pudding—probably none if the fruit is fairly juicy. Serve with top milk or lemon-flavoured custard.

Jam and Coconut Covering

Using the basic recipe, bake the pudding and turn it out upside down on to a warmed dish. Spread the top liberally with warmed jam and sprinkle thickly with desiccated coconut.

Banana Cake Pudding

Mix the plain pudding and fill a sandwich tin with a third of pieces of banana cut lengthwise in the bottom. Put half the pudding on the banana, smooth the surface, arrange another layer of banana, and cover it with the rest of the pudding. Serve turned out upside down to show the baked banana.

Fruit-filled Sandwich

Bake the plain recipe in two sandwich tins. Drain some stewed fruit, keep the juice, and beat the fruit to a pulp. Thicken the juice with cornflour, making it thick enough to coat the back of a spoon. Spread the fruit pulp between the two layers of pudding and pour the thickened juice over the top layer. Almost any fruit will make this dessert. Bottled fruits are suitable. Soft fruits like raspberries and blackberries can be used raw; crush them with sugar and spread the pulp between and on the two layers.

Rainbow Pudding

Mix the plain pudding, and fill a sandwich tin with a third of it in the natural colour. Tint the remainder with cochineal and fill a second tin. Add a dessertspoon of cocoa and a little more milk to the last third and fill another tin. Turn them out, spread warm jam between the layers, and serve with custard or with jam sauce.

Marble Pudding

The method is the same as for rainbow pudding, but put the three colours, a spoonful of each in turn, into one dish.

Ginger Pudding

To the plain recipe add 1 teaspoon of ground ginger and substitute 1 tablespoon of golden syrup for 1 tablespoon of sugar. Serve with warmed and thinned golden syrup.

Little Cinnamon Puddings

Add ground cinnamon to the plain recipe and bake it in cups or small moulds. Turn them out on individual plates and top them with hard sauce. For the sauce take 2oz. of butter and 2oz. of soft brown

sugar or icing sugar and beat them until they are soft and creamy, flavouring with ground cinnamon to taste. Put the sauce on at the last minute before serving or it will melt too rapidly.

Cake Pudding

Add dried fruits—currants, sultanas, raisins, and peel—to the plain recipe.

Marmalade Pudding

Use only 2 tablespoons of sugar and add 2 to 3 tablespoons of marmalade. If the marmalade is moist, less milk will be needed. Half wholemeal flour and half white is very successful with the marmalade pudding.

Chocolate Pudding

Add 1 large tablespoon of cocoa to the mixture and use a little extra milk. Brush the top with milk and sift on a coating of sugar to make a "crusty" top.

Plain Pudding with Chocolate Sauce

Make the plain pudding, turn it out, and coat it liberally with piping hot chocolate sauce. Ingredients for the sauce are:—

1 cup of water	1 large dessertspoon of cornflour
1 large dessertspoon of sugar	Vanilla essence to taste
2 large dessertspoons of cocoa	Pinch of salt

Boil the sugar and water for 4 or 5 minutes to make it syrupy. Mix the cocoa and cornflour with a little cold water; add a few grains of salt and then the hot syrup, stirring hard. Cook the sauce for 3 minutes, stirring continually, flavour it, and pour it over the pudding.

Wholemeal Date Pudding

Use half wholemeal and half white flour. Add chopped dates or walnuts and dates.

Coffee Pudding

Omit the milk for mixing and add strong coffee essence. Serve the pudding with a hard sauce flavoured with coffee essence and sprinkled with chopped walnuts. Coffee pudding is best made in small moulds.

Coconut Pudding

Add a cupful of desiccated coconut to the plain mixture, using extra milk to mix to give the right consistency.

Baked Fruit Cups

These can be made for the family dessert—make extra ones for the following day's lunches:—

Melted butter, mild-flavoured dripping, or vegetable fat, cornflakes, cooking apples, gooseberries, diced rhubarb, or other soft fruit, milk and egg custard.

Run melted fat round cups or small baking dishes; line with corn-flakes. Peel and core apples, cut in halves, and place one half in each prepared dish, round side down. Pour custard, made as for baked custard, round each half apple, but do not cover. Bake in moderate oven until custard is set and fruit tender.

Baked Apples

Allow one well-flavoured apple per person. Wipe and core the apples. Make a circular cut around each apple through the skin to prevent the skin splitting. Almost fill the cored apples with dates or raisins and spice. Complete filling the core spaces with brown or white sugar and sprinkle sugar over the tops. Place a small piece of butter on top of the sugar. Put the apples in a baking dish and cover the bottom of the dish with boiling water. Bake the apples in a hot oven (400 degrees F.) until they are soft, basting them often with the syrup in the dish.

Apple Batter

1 egg	$\frac{1}{4}$ pint of milk
2oz. of flour	$\frac{3}{4}$ cup of sliced apple
2 teaspoons of sugar	

Sift the flour and salt into a basin and stir in the sugar. Make a well in the centre and drop in the egg. Add a little of the milk and stir well, drawing in the flour from the sides gradually. Beat the mixture well, adding the remainder of the milk slowly, and stand it aside for an hour. Heat a little butter or mild dripping in a pie dish and see that the sides are well greased. Add the sliced apple to the batter, pour it into the dish, and bake it in a hot oven for half an hour. Dredge the pudding with a little fine sugar just before sending it to the table. Tender, young, red rhubarb cut into small pieces may be used instead of apples if preferred.

Honeyed Apple Crisp

Spread 4 cups of sliced apples in a shallow dish and pour in $\frac{2}{3}$ cup of honey mixed with 1 tablespoon of warm water, or slightly more if the apples are a 'dry variety. Mix together in a bowl $\frac{1}{2}$ cup of flour and $\frac{1}{4}$ cup of brown sugar and work in $\frac{1}{4}$ cup of butter, making the mixture crumbly. Add $\frac{1}{4}$ cup of chopped walnuts and spread the mixture evenly over the apples. Bake the pudding in a moderate oven for 30 to 40 minutes until the apples are tender and the crumb crust is crisp and browned.

Baked Apple Pudding

$\frac{1}{2}$ pie dish of sweetened stewed apples (or other tart fruit from which the juice has been strained)	About 2 cups of crumbled breakfast biscuits or flakes
2oz. of butter	1 teaspoon of cinnamon
3oz. of coconut	2oz. of sugar

Half fill a pie dish or casserole with the fruit. Warm the butter, sugar, coconut, and cinnamon in a saucepan, mix them all together, and crumble in the breakfast biscuits or flakes. Spread this mixture on top of the fruit. Bake the pudding for 20 minutes in a moderate oven.

Apple Cinnamon Puffs

Syrup mixture:

- 5 medium-sized apples
- 1 cup of sugar
- $\frac{1}{2}$ teaspoon of red food colouring

Puff mixture:

- $1\frac{1}{2}$ cups of flour
- $1\frac{1}{2}$ teaspoons of baking powder

- $\frac{1}{2}$ teaspoon of salt
- 2oz. of butter or lard
- $\frac{3}{4}$ cup of milk

Sauce mixture:

- 2 tablespoons of melted butter
- 2 tablespoons of sugar
- $\frac{1}{2}$ teaspoon of cinnamon

Peel the apples and slice them into a baking dish. Boil the sugar and the colouring with a cup of hot water for 5 minutes. Pour the syrup over the apples. Sift the dry ingredients, rub in the butter or lard. Mix in the milk to make a soft dough. Drop 12 spoonfuls of the dough on top of the apples.

Pour the sauce mixture into dents in the tops of the balls of dough. Bake the puffs for half an hour in a hot oven (450 degrees F.).

Apple Crumble Pudding

- 3 or 4 large apples
- $\frac{1}{2}$ cup of water

- Sugar to taste
- 1 teaspoon of cinnamon

Grate the apples on the coarsest grater available into a greased oven dish, leaving the core. Add the cinnamon and sugar and then the water. Then sprinkle over them $\frac{1}{2}$ cup of flour, $\frac{1}{2}$ cup of rolled oats, 3 tablespoons ($1\frac{1}{2}$ oz.) of butter and $\frac{1}{2}$ cup of sugar crumbled together.

Bake the pudding at 350 degrees F. for 30 to 40 minutes. Wholemeal, breakfast flakes, or all flour may be substituted for the rolled oats.

Dried Crumbs Apple Pudding

- Stewed apples or other fruit with juice strained off
- 1 teaspoon of cinnamon

- 1 cup of dry breadcrumbs
- $\frac{1}{4}$ cup of butter, lard, or soft fat
- $\frac{1}{2}$ cup of sugar

Cream the fat and sugar and add the crumbs and cinnamon. Spread this mixture over the apples in a greased casserole or pie dish. Bake the pudding until the crust is slightly browned.

Apple Cobbler

A variation of that old favourite the apple pie, apple cobbler, the recipe for which is given below, is a good hot pudding for a cold day. It will make 6 to 8 servings.

- 4 or 5 cups of peeled, sliced apples
- 6oz. of sugar
- 1oz. of flour
- 1 teaspoon of cinnamon
- $\frac{1}{2}$ teaspoon of allspice
- $\frac{1}{2}$ teaspoon of nutmeg
- 2 tablespoons of grated, fresh lemon rind

- 2 fl. oz. (or $\frac{1}{4}$ cup) of lemon juice
- 2oz. of melted butter
- 8oz. of sifted flour
- 3 teaspoons of baking powder
- 1 teaspoon of salt
- 2oz. of sugar
- 4oz. of butter
- 5 or 6 fl. oz. of milk (approximately)

Arrange the apple slices in a greased oven dish of heatproof glass (about 10in. x 16in.). Mix together 6oz. of sugar, 1oz. of flour, spices, and lemon rind and sprinkle them over the fruit; pour the lemon juice and melted butter over the mixture. Cover it with the lid of the oven dish and bake it at 425 degrees F. for about 40 minutes or until the

apples are almost tender. Sift flour, baking powder, salt, and sugar into a mixing bowl. Add the butter and cut it into the mixture until it resembles coarse breadcrumbs. Add milk to make a dough that is soft but not sticky. Turn it out on a lightly floured board and knead it lightly for $\frac{1}{2}$ minute. Roll the dough to $\frac{1}{4}$ in. thickness and adjust it over the cooked apple filling. Press edges down and cut gashes to let steam escape.

Bake the pudding at 425 degrees F. for about 25 minutes and serve it hot.

Apple Dumplings

6 apples	$\frac{1}{2}$ teaspoon of salt
$1\frac{1}{4}$ cups of sugar	5oz. of butter
$\frac{1}{2}$ teaspoon of ground cloves	$\frac{1}{3}$ cup of milk
2 cups of flour	

Boil the sugar and cloves to a syrup in 2 cups of water for 5 minutes and add 2oz. of butter.

Peel and core the apples and fill them with dates, or slice the apples. Sift the flour and the salt, rub in the remaining 3oz. of butter or lard, and mix them to a paste with the milk. Roll the paste to $\frac{1}{4}$ in. thickness and cut it in 8 in. squares. Place an apple or slices in each square, sprinkle them with sugar and spices, and dot them with butter if desired. Moisten the edges of the paste, fold it up, and pinch the edges together.

Place the dumplings in a greased baking dish and pour the syrup over them. Bake them in a moderate oven (375 degrees F.) for 35 minutes.

Crisp Apple Scallop Pudding

1 quart of stewed apples	4oz. of butter
$\frac{3}{4}$ cup of cornflakes	$\frac{1}{8}$ teaspoon of cinnamon (omit if preferred)
$\frac{1}{3}$ cup of light brown sugar	

Place apples in a shallow dish. Blend cornflakes with butter, using two knives. Add remaining ingredients, and sprinkle the crumbs over the apples. Bake the dish in a moderate oven till slightly brown.

Apple Rolls with Honey Sauce

Mix 2 cups of flour, 1 level teaspoon of baking powder, $\frac{1}{4}$ cup of dripping, and $\frac{3}{4}$ cup of milk as for scones, handling them as little as possible. Roll the mixture out $\frac{1}{4}$ in. thick and spread it with sliced apples sprinkled with $\frac{1}{2}$ cup of sugar and a little cinnamon or mixed spice. Roll it up and cut it into 1 in. slices. Place the slices cut side down in a greased baking dish and put 1 teaspoon of melted butter over each. Bake them in a moderately-hot oven (400 degrees) for 20 to 25 minutes.

For the honey sauce mix 1 cup of honey, $1\frac{1}{2}$ cups of water, 1 tablespoon of cornflour, 1 tablespoon of butter, and a pinch of salt and cook them until the mixture is clear, stirring constantly. Add vanilla to taste and serve the sauce with the apple rolls.

Banana Apple Betty

- | | |
|------------------------------------|--------------------------------|
| 3 firm bananas | $\frac{1}{4}$ teaspoon of salt |
| 2 tart apples | 3 cups of soft breadcrumbs |
| $\frac{3}{4}$ cup of sugar | 3 tablespoons of melted butter |
| $\frac{1}{2}$ teaspoon of cinnamon | |

Peel and slice the apples. Peel the bananas and cut them into $\frac{1}{2}$ in. pieces. Combine the fruit, sugar, cinnamon and salt. Mix the breadcrumbs with the melted butter. Place alternate layers of breadcrumbs and fruit into a well-buttered baking dish, using the crumbs for the top and bottom layers. Cover the dish and bake it in a moderate oven (375 degrees F.) for about 40 minutes or until the apples are tender. Uncover the dish and bake it for a further 5 minutes to brown the crumbs. Serve the sweet hot. These quantities make six servings.

Feijoa Betty

- | | |
|---|---------------------------------|
| 2 cups of stewed feijoas | 1 teaspoon of ground cinnamon |
| 1 cup of juice from the stewed feijoas | 1 teaspoon of grated lemon rind |
| $1\frac{1}{2}$ cups of soft breadcrumbs | |

Combine all the ingredients, put them into a greased baking dish, and put a few dabs of honey over the surface and bake at 375 degrees for $\frac{1}{2}$ to $\frac{3}{4}$ hour. Serve with custard sauce or the thickened juice from the stewed fruit. (6 servings.)

Feijoa Crumble

- | | |
|------------------------------|--------------------------------|
| 12 feijoas sliced and stewed | 1 teaspoon of baking powder |
| Crumble topping: | $\frac{1}{2}$ cup of flour |
| $\frac{1}{2}$ cup of butter | $\frac{1}{2}$ cup of wholemeal |
| 1 teacup of brown sugar | Pinch of salt |

To make the crumble topping mix all the dry ingredients and rub in the butter until the mixture has the texture of fine breadcrumbs. Place the hot stewed feijoas in a baking dish and sprinkle the crumble topping over them. Bake in a moderate oven until the crumble is crisp and brown (375 degrees for 1 to $1\frac{1}{2}$ hours). Six to eight servings.

Feijoa Pudding

- | | |
|-----------------------------|---------------------------------|
| 2oz. of suet | 6 feijoas, peeled and quartered |
| 1 cup of flour | Pinch of salt |
| 1 teaspoon of baking powder | Milk to mix |

Rub the suet into the dry ingredients. Add sufficient milk to make a stiff dough. Cut off quarter of the dough. Roll the remainder out to $\frac{1}{4}$ in. thickness and line a greased pudding basin with it. Put the quartered feijoas into it and sprinkle with sugar to taste. Roll the remaining dough into a circle large enough to fit the top of the basin. Place it over the fruit and pinch the dough together at the edges. Cover the top of the basin with greaseproof paper. Place it in boiling water and cook it for 1 to $1\frac{1}{2}$ hours. Turn the pudding out on a plate and serve with custard sauce. (6 to 8 servings.)

Honey Pudding

- | | |
|-----------------------------|---|
| $\frac{3}{4}$ cup of flour | $\frac{1}{2}$ cup of milk |
| 1 teaspoon of baking powder | 4 tablespoons of currants |
| $1\frac{1}{3}$ cup of sugar | $1\frac{1}{2}$ teaspoons of grated lemon rind |
| 2 tablespoons of butter | |

Cream the butter and add the sugar gradually, beating well after each addition. Add 2 tablespoons of the milk and beat again. Add the sifted flour and baking powder alternately with the remaining milk, beating the mixture well until it is smooth. Add the currants and lemon rind.

Turn the batter into a well-greased dish and pour over it a mixture made with 2 tablespoons of butter, $\frac{1}{2}$ cup of honey, $1\frac{1}{4}$ cups of boiling water, and a pinch of salt. Bake the pudding in a moderate oven (350 degrees) for 40 to 45 minutes.

Lemon Cheese Sponge

Take one large lemon, grate off all the rind, removing none of the white pith, squeeze, and strain the juice. Cream 2 tablespoons of butter with 1 cup of sugar, add 2 egg yolks, and beat thoroughly. Gradually beat in 2 tablespoons of flour and the lemon rind and juice. Add 1 cup of milk, a little at a time, while continuing to beat. Whisk the 2 egg whites very stiff and fold them into the first mixture. Pour into a buttered pie-dish or oven glassware dish. Bake in a moderately hot oven (350 to 375 degrees F.) for three-quarters of an hour, standing the pudding dish in a pan of water. The mixture will separate in cooking, forming a lemon cheese base with a light sponge top. Do not let the top become too brown and do not overcook or the lemon cheese will set.

Lemon Cottage Pudding

1 cup of flour	1 egg (beaten)
$\frac{1}{2}$ cup of sugar	2 tablespoons of melted butter (or mild
2 level teaspoons of baking powder	dripping)
Rind and juice of 1 lemon	Milk to mix

Sift together the flour, sugar, and baking powder, add the grated rind, beaten egg, and melted fat. Beat well, adding the lemon juice and sufficient milk to make a soft dropping dough. The total amount of liquid should be about half a cup. Bake in a shallow dish in a hot oven (400 to 425 degrees F.) for about 15 minutes. Serve hot with lemon sauce.

Lemon Sauce for Pudding

Grated rind and juice of 1 lemon	1 tablespoon of sugar
1 dessertspoon of cornflour	$\frac{1}{2}$ cup of water

Put the water, lemon rind, and sugar into a saucepan, bring them to the boil, and simmer gently for 5 minutes. Mix the cornflour with a little cold water, and add the hot syrup. Pour the mixture back into the saucepan and continue cooking it gently, stirring for 3 to 5 minutes, until the sauce is clear and thickened. Add the lemon juice at the last minute before removing from the heat.

Persimmon Pudding

1 egg	$\frac{1}{4}$ cup of milk
$\frac{1}{2}$ cup of sugar	3 tablespoons of butter
1 cup of flour	Lemon essence
1 teaspoon of baking powder	1 cup of persimmon pulp
$\frac{1}{4}$ teaspoon of salt	

Beat the egg and add the sugar. Beat them till they are light and frothy. Add the dry ingredients and then the milk with the butter melted in. Lastly fold in the persimmon pulp. Turn the mixture into a greased baking dish. Bake it for half an hour in an oven at 350 degrees F.

Peach Souffle

2 cups of stewed peaches
 $\frac{1}{4}$ cup of sugar
 $\frac{1}{4}$ teaspoon of salt

1 cup of thick white sauce
 4 eggs

Drain the peaches, cut them into fairly small pieces, and spread them on the bottom of a baking dish. Separate the eggs and beat the yolks with the sugar until they are thick and lemon coloured. Beat the whites and salt together until they are stiff.

Pour the boiling white sauce on to the egg yolks and cool the mixture. Fold in the egg whites and spoon the mixture over the peaches in the baking dish. Do not fill the dish more than two-thirds, as the souffle expands while cooking.

Set the dish in a pan of boiling water and bake the souffle for 30 to 40 minutes at 325 degrees F. Serve it as soon as possible after it is cooked or the mixture will fall. The juice from the peaches may be served with the souffle. These quantities make 6 servings.

Baked Grapefruit Souffle Pudding

2 eggs (separated)
 2 tablespoons of flour
 $\frac{1}{4}$ cup of grapefruit juice
 1 tablespoon of lemon juice
 $\frac{3}{4}$ cup of sugar

2 tablespoons of melted butter
 1 teaspoon of grated lemon rind (optional)
 $\frac{1}{4}$ teaspoon of salt

Beat the egg yolks with the sugar, add the remaining ingredients except the salt and egg whites, and mix them well. Lastly fold in the egg whites, which have been beaten stiff with the salt. Pour the mixture into a greased pie-dish, place the dish in a larger dish of water, and cook the pudding in a moderate oven (350 degrees F.) for 35 minutes.

Strawberry and Ice Cream Shortcake

$1\frac{1}{4}$ cups of flour
 2 flat teaspoons of baking powder
 $\frac{1}{2}$ cup of milk
 Salt

$\frac{3}{4}$ cup of sugar
 $\frac{1}{3}$ cup of butter
 1 egg

Sift the flour, baking powder, sugar, and salt, rub in the butter, add the milk, and beat the mixture well. Add the egg and beat again. Spread the mixture in a greased and floured tin and bake it for 25 to 30 minutes in a moderately-hot oven (375 degrees). Cool the cake, split it in halves, and spread the lower half with vanilla ice cream and sliced strawberries. Put the other half on top and cover it generously with halved strawberries sprinkled with icing sugar.

Strawberry Shortcake

Add 1 egg, 2 tablespoons of butter, and 1 tablespoon of sugar to the standard recipe; less milk will be needed. Divide the dough in halves and shape each into a round to fit a deep pie plate. Spread

one round with softened butter, place the other on top, and bake them in a hot oven for half an hour. Break the scone into two and put mashed strawberries between and on top. Put a layer of lightly-sweetened whipped cream over the crushed fruit on the top layer and decorate it with whole strawberries.

Any kind of stewed or preserved fruit can be used to make a short-cake. The fruit should be drained for the filling and the juice, as it is or thickened slightly with cornflour, served separately as sauce.

Fruit Pyramid Pudding

Make 1 pint of red jelly the day before and put it aside to set.

Make the standard scone mixture, adding 1 tablespoon of sugar and 1 egg. Roll it out and form it into three different-sized scones $\frac{1}{2}$ in. thick, using a bread and butter plate (about 7 in.), a saucer, and a teacup for judging the sizes. Prick them over, bake them, and roll them in a clean cloth to cool.

Take 1 lb. each of two kinds of fruit, one sweet and one tart, with a good contrast in colour, such as apples and dark red plums, or pears and damsons. Stew them separately, making as little juice as possible. Preserved fruit can be used in winter and then, as the choice will not be so restricted by the fruit in season, many more combinations are possible. Try black currants with peaches, raspberries with nectarines, or apricots with gooseberries.

Whip the desired quantity of cream, sweeten it, and divide it into three portions; tint one pale pink, another pale green, and leave the third white.

Split the two larger scones, fill them with the paler fruit, and put a few blobs of green-tinted cream at the edges where they will show. Arrange the more colourful fruit on top of each scone and put pink cream at the edges. Pile the filled scones, put the smallest one on top, spread the last of the paler fruit on it, cover it with white cream, and decorate it with blobs of green and pink cream. Set the pyramid on a serving dish. Break up the jelly with a fork and put it round the pudding, decorating it with the rest of the white cream. This is a festive-looking sweet which would make a suitable dish for a birthday party.

Upside-down Pudding

Grease a baking tin and cover the bottom with a layer of cooked dried fruits; prunes and apricots are particularly suitable. Sprinkle them with 2 tablespoons of brown sugar, 1 teaspoon of butter, and 1 teaspoon of lemon juice. Cover them with a batter made as follows:

$\frac{1}{2}$ cup of sugar	$\frac{1}{2}$ cup of milk
$\frac{1}{4}$ cup of fat	1 cup of flour
1 egg	1 teaspoon of baking powder
$\frac{1}{2}$ teaspoon of vanilla	$\frac{1}{4}$ teaspoon of salt

Cream the sugar and fat, then add the vanilla and the egg well beaten. Mix in the sifted dry ingredients alternately with the milk. Bake the pudding for 1 hour at 350 degrees, turn it on to a plate, and serve it fruit side up.

Woodside Pudding

Make a standard scone mixture, using 1 cup of flour, and cut the dough into rounds. Melt 2 tablespoons of honey in 1 pint of hot water, pour it into a baking dish, put it into the oven until the syrup is boiling, then arrange the scone rounds in the dish. Bake them in a moderate oven, basting them frequently with the honey syrup. For a variation 3 tablespoons of desiccated coconut can be added to the honey mixture in the dish.

PUDDINGS USING SCONE MIXTURE

Cinnamon-top Pudding

Add 2 tablespoons of sugar to the standard recipe. Mix the dough and spread it $\frac{1}{2}$ in. thick in a greased sandwich tin. Spread cinnamon mixture on top and bake the pudding in a moderately-hot oven (400 degrees) for half an hour.

Cinnamon mixture: Mix thoroughly 3 tablespoons of flour, 3 tablespoons of sugar, 1 tablespoon of cinnamon, and 3 tablespoons of butter, and spread it over the scone dough before baking it.

Served cold this recipe makes a good cake for lunch or morning tea. It keeps fresh for several days if stored in a tin.

Apple-cake Pudding

Make the usual scone mixture, adding sugar and 1 egg. Pat the dough into a glass ovenware pie plate or sandwich tin. Press the edges of prepared apple slices into the dough close together. Mix 1 tablespoon of butter and 2 tablespoons of brown sugar and sprinkle it over the apples. Bake the pudding in a moderate oven for half an hour or until the apples are tender and glazed.

Syrup Scone Steamed Pudding

Make a plain scone mixture with 2 cups of flour, 2 rounded teaspoons of baking powder, a pinch of salt, and milk to mix them to a soft dough. Turn the mixture into a large greased pudding basin. Put 2 tablespoons of butter, 2 tablespoons of golden syrup, and $\frac{1}{2}$ cup of sugar on top and pour over 1 cup of hot water. Stand the basin in a saucepan containing enough rapidly-boiling water to reach halfway up the basin and steam the pudding for 40 minutes. Do not cover the basin and do not steam the mixture for longer than 40 minutes or it will be soggy.

Peach and Honey Roll

Use the standard scone mixture, adding 1 tablespoon of sugar and 1 egg and using less milk. Turn it on to a floured board and roll it into an oblong $\frac{1}{4}$ in. thick. Lay cooked dried peaches over the dough and roll it up. Put the roll into a baking dish and pour over it 3 tablespoons of honey melted in sufficient hot water to make $\frac{3}{4}$ breakfast cup of liquid. Bake the roll in a moderately-hot oven for 35 to 40 minutes. Thicken the surplus fruit juice with cornflour and serve it as a sauce.

Dried apricots can be used instead of peaches if preferred.

VARIATIONS

With this standard recipe for a guide, many different puddings, sweet and savoury, can be made. Here are a few of the varieties:—

Jam Layer Pudding

Roll the suet paste out on a floured board and cut rounds of varying size to fit the basin. Spread the jam, thinned with a little hot water, between the layers.

Apple Pudding

Roll out the suet crust and line the basin, keeping enough to make a lid. Peel, core, and quarter the apples, add sugar to sweeten and cloves to taste (about six is the usual number), or a teaspoonful of mixed spice or ground ginger. Line the basin with crust, fill with sliced apples, sugar, and spices. Roll the remaining crust into a circle to fit the basin. Moisten the edges and press together.

Golden Syrup Pudding

Put two or three tablespoons of golden syrup in the bottom of a greased basin before putting the mixture in. A teaspoon of ground ginger can be added to the flour when sifting. Continue as for plain pudding.

Roly-poly

Roll the dough into a thin strip, spread with jam or golden syrup sprinkled with soft breadcrumbs, then roll up. Dip a clean pudding cloth in boiling water and flour thickly on the inside. Wrap it round the pudding and tie firmly at each end. Boil for two and a half hours and turn the pudding out on to a warmed dish.

Treacle Pudding

Use treacle instead of sugar, omit the baking powder, and add a level teaspoon of baking soda.

Spicy Fruit Pudding

Use half flour and half breadcrumbs. Add any kind of fruit or dried fruit mixture and two level teaspoons of mixed ground spices. Use half the amount of baking powder and add a well-beaten egg. Serve with custard sauce.

Chocolate Pudding

Use half flour and half breadcrumbs, and a mild-flavoured dripping instead of suet. Cream the dripping and sugar, and add the flour sifted with one or two tablespoons of cocoa, according to the flavour liked. Mix to a soft dough with milk. A beaten egg can be used in place of some of the milk. Serve with chocolate sauce.

Marmalade Pudding

Use breadcrumbs and flour. Add one egg, omit two ounces of sugar, and substitute two large tablespoons of marmalade. One teaspoon of baking powder can also be omitted.

Semolina Pudding

3oz. of semolina
1 pint of milk
1 tablespoon of sugar

Grated lemon rind or a few drops of
vanilla flavouring

Mix all the ingredients together, put them into a 1lb. cocoa tin, put the lid on, and steam the pudding for 2 hours. More semolina than usual for 1 pint of milk is required, because there is no evaporation.

Half-hour Steamed Pudding

1½ cups of flour
1 tablespoon of sugar

2 heaped teaspoons of baking powder
A little milk

Mix these together into a very stiff dough and put the mixture into a well-greased basin. Pour over the dough a mixture of ¼ cup of sugar, 1 teaspoon of butter, and 1 tablespoon of golden syrup or honey dissolved in 1 cup of boiling water.

Stand the bowl in a saucepan with boiling water more than half-way up the sides of the bowl. Do not cover the bowl, but put a lid on the saucepan. Steam the pudding for ½ hour, keeping the water boiling all the time. Do not use too small a bowl, as the pudding rises a lot.

Chocolate Steamed Pudding

1 cup of flour or ½ cup of flour and
½ cup of wholemeal
1 teaspoon of baking soda
½ cup of dates or sultanas

2 teaspoons of cream of tartar
2 dessertspoons of cocoa
Milk to make a soft dough

Mix these together and put the dough into a greased bowl. Pour over it 2 teaspoons of golden syrup, ¼ cup of sugar, 2oz. of butter, and 1 small cup of boiling water.

Steam the pudding for ½ hour with the lid on the saucepan, but no cover on the basin.

Special Lemon Pudding

1 cup of flour
3oz of suet
Pinch of salt
1 lemon

3oz. of brown sugar
1½ level teaspoons of baking powder
Milk to mix

Chop the suet very finely and add it to the sifted flour, salt, and baking powder. Mix to a stiff dough with milk. Turn the mixture on to a floured board and divide it into two parts, one of one-third and the other of two-thirds. Roll out the larger piece and line a greased pudding basin. Grate all the yellow rind from a large lemon and mix the rind with 3oz. of brown sugar. Put the lemon on a plate or saucer and prick thoroughly all over with a skewer, steel knitting needle, or sharp fork. Put half the sugar and rind mixture into the lined pudding basin, put in the lemon and any juice which may have run out, and add the remaining half of the sugar mixture. Roll out the smaller

portion of suet crust into a round to fit the top of the basin. Wet the edges of the dough and pinch them together. Twist a piece of buttered greaseproof paper over the basin and stand the basin in a saucepan of boiling water, having the water deep enough to reach half-way up the basin. Steam the pudding for $1\frac{1}{2}$ to 2 hours, and then turn it out on to a plate to serve. Cut into the crust and remove the lemon, which will not be served. The juice escapes from the lemon during the cooking and combines with the rind and sugar mixture.

Plain Steamed Pudding with Lemon Sauce

1lb. of flour
6oz. of finely-chopped suet
Good pinch of salt

3 level teaspoons of baking powder
4oz. of sugar
Milk to mix

Sift the flour, baking powder, and salt into a bowl, add the sugar and finely-chopped suet, and mix to a stiff dough with milk. Turn the mixture into a greased basin, cover with greaseproof paper or paper and pudding cloth, and steam for 3 hours. Serve with lemon sauce.

Steamed Coffee Pudding

3oz. of butter
3oz. of sugar
6oz. of flour

1 egg
1 bare teaspoon of baking powder
2 tablespoons of coffee infusion

Cream the butter and sugar and add the egg beaten in the coffee infusion. Sift the flour and baking powder together and fold them in. If the mixture is too stiff to drop from a spoon, add a little more coffee. Turn the mixture into a greased bowl, cover it, and steam it for $1\frac{1}{2}$ hours. Serve with a custard sauce. (6 to 8 servings.)

Steamed Fruit Pudding

Fill a large enamel pudding bowl two-thirds full of cut-up fruit, such as rhubarb, apple, and gooseberries. Sprinkle $\frac{1}{2}$ to 1 cup of sugar over the fruit.

Mix a scone dough, using 8oz. of flour. Pat it into the size and shape of the top of the bowl and place it on top of the fruit. Cover the pudding with either greased paper or the lid and steam it for $1\frac{1}{2}$ to 2 hours.

Three tablespoons of golden syrup or treacle may be used instead of some of the fruit.

Ginger Oatmeal Pudding

6oz. of flour
4oz. of oatmeal
2 teaspoons of baking powder
Milk to mix

3oz. of finely-chopped suet
1 teaspoon of ground ginger
2oz. of sugar
1 tablespoon of golden syrup

Sift the flour, ginger, and baking powder into a basin, add the chopped suet (or rub in an equivalent amount of dripping) and sugar and mix with milk. Grease a pudding basin, put in the golden syrup, followed by the pudding mixture, and steam it for $2\frac{1}{2}$ hours.

Oatmeal Fruit Pudding

3oz. of oatmeal	1½oz. of sugar
3oz of flour	½ small cup of golden syrup
2oz. of dripping	2oz. of dried fruit, currants, saltanas,
½ teaspoon of baking soda	peel mixture
Milk to mix	Grated rind of 1 lemon

Rub the dripping into the flour and add the oatmeal, soda, sugar, prepared fruit, and lemon rind. Mix the ingredients to a slack dough with warmed milk and syrup. Turn the mixture into a greased basin and steam it for 2½ hours. Serve the pudding with a sweet sauce or custard.

Tangerine Pudding (1 hour to steam)

4oz. of flour	1 teaspoon of baking powder
2oz. of sugar	1 egg
2oz. of butter	Syrup, jam, or marmalade (about 1
½ cup of milk	small cup)

Grease a bowl and quarter fill it with the syrup or jam (marmalade is particularly nice). Beat the butter and sugar, add the egg, beat well, and add the milk and last the flour and baking powder. Pour the mixture on top of the syrup or jam and steam it for 1 hour with a lid on the saucepan but no cover on the basin.

SAUCES FOR PUDDINGS

Chocolate Sauce

1 tablespoon of cornflour	1 egg
1 dessertspoon of cocoa	2 tablespoons of butter
½ cup of sugar	2 teaspoons of vanilla
Pinch of salt	1 cup of hot water

Mix the cornflour, sugar, cocoa, and salt. Gradually add the hot water and cook the mixture until it is thick, stirring constantly. Cool it a little, add the beaten egg yolk, and cook it for a minute or two. Add the butter and vanilla, cool the sauce, and fold in the beaten egg white.

Custard Sauce

2 egg yolks	1 tablespoon of sugar
½ pint of milk	Vanilla flavouring to taste

Bring the milk to boiling point, cool it for a minute or two, then stir in the beaten egg yolks. Continue stirring the custard over heat until it is thick, but do not let it boil. Stir in the sugar and flavouring.

Foamy Sauce

2 eggs	1 cup of cream
1 cup of sugar	

Beat the eggs until they are thick and creamy and add the sugar gradually while still beating. Whip the cream until it is very stiff, then fold in the egg-and-sugar mixture. Chill the sauce and serve it with fresh or stewed fruit or fruit pies.

Use only hen eggs, as the recipe does not require the eggs to be cooked.

Fluffy Sauce (1)

1/3 cup of sugar
 Grated rind of 1 grapefruit
 Juice of 1/2 lemon
 Pinch of salt

1 or 2 grapefruit (to give 1/2 cup of juice)
 2 eggs (separated)
 1/2 teaspoon of vanilla

Mix the first five ingredients and add them carefully to the well-beaten egg yolks. Cook the mixture over hot water, stirring it constantly until it is thick. Beat the egg whites stiffly and add them gradually with the vanilla. Serve the sauce hot.

Fluffy Sauce (2)

1/2 pint of custard sauce
 1 dessertspoon of castor sugar
 2 egg whites

2 tablespoons of cooking brandy or sherry

Make the custard sauce as described above. When it has thickened stir in the stiffly beaten egg whites, sugar, and brandy, and serve it at once.

The sauce is delicious on plum pudding or stewed or fresh fruit.

Hard Sauce

2oz. of butter
 4oz. of sugar

1/2 teaspoon of vanilla

Castor sugar is best, but brown, icing, or ordinary sugar may be used. Soften the butter slightly and beat it until it is very light and creamy. Add the sugar gradually, beating continuously until it is dissolved and the mixture is white and frothy. Add vanilla and serve the sauce piled in a glass dish.

Honey Hard Sauce

Cream 1/3 cup of butter until it is very soft and gradually beat in 3/4 cup of honey. Add 1 teaspoon of lemon juice or vanilla essence and set the sauce aside to become firm before being served.

Hot Honey Sauce

2 dessertspoons of cornflour
 1/2 cup of honey
 1 cup of water

Juice of 1 lemon, orange, or grapefruit
 1 dessertspoon of butter

Mix the cornflour with a little of the water, add the honey and the rest of the water, then cook the mixture over hot water until it is thickened. Add the butter and lemon juice, and serve the sauce in a jug or sauce boat with a plain steamed or baked pudding or on pancakes.

Jam Sauce

Boil 1 cup of jam (strawberry, raspberry, or plum is suitable) in 1/2 cup of water for 2 or 3 minutes. Thicken it with a little cornflour if necessary.

Lemon Sauce

1 tablespoon of cornflour
 Rind and juice of 1/2 lemon
 2 tablespoons of sugar

1 cup of water
 1/2 oz. of butter

Grate the lemon rind and mix it with the sugar. Mix the cornflour smooth with a little water, add the remaining water, and heat it until it is boiling. Add the sugar and rind and cook the mixture for a few moments. Add the lemon juice and butter.

Mock Cream

First recipe: Mix 1oz. of butter and 2oz. of sugar with 3 dessertspoons of boiling water until the sugar is dissolved. Stir in full-cream milk powder gradually until the mixture is the desired thickness. Add flavouring and colouring.

Second recipe: Cream 1oz. of butter and 2oz. of icing sugar and add top milk drop by drop until the mixture is the consistency of whipped cream.

Passion Fruit Sauce

1 cup of passion fruit pulp	1 cup of water
1 dessertspoon of cornflour	1 dessertspoon of sugar

Mix the cornflour and sugar to a thin paste with a little of the water. Heat the remainder of the water and add it to the paste. Return the paste mixture to the saucepan and boil it for 5 minutes. Stir in the passion fruit pulp and serve the sauce with steamed or baked puddings.

Plain Grapefruit Sauce

2 tablespoons of cornflour	2 tablespoons of sugar
Grated rind and juice of 1 large grapefruit	1 cup of water
	1 tablespoon of butter

Mix the cornflour with a little water and add this mixture to the remaining water, which has been heated with the sugar. Stir the mixture until it has thickened and cook it for a few minutes. Add the juice and grated rind, reheat the mixture to boiling, and add the butter just before serving the sauce.

Pineapple and Grapefruit Sauce

$\frac{1}{4}$ cup of sugar	1 cup of water
Grated rind of 1 grapefruit	1 cup of grapefruit juice
1 dessertspoon of cornflour	$\frac{1}{3}$ cup of finely grated pineapple

Mix all the ingredients in a saucepan, bring them to the boil, and boil them for 3 minutes. This makes a thin sauce suitable for serving with steamed puddings or gingerbread. Mashed banana or other fruit pulp may be substituted for the pineapple.

Strawberry Fluff Sauce

2 teacups of small strawberries	$\frac{1}{2}$ teacup of icing sugar
1 teaspoon of lemon juice	1 egg white
Pinch of salt	

Mash the fruit well, then add the lemon juice and sugar. Beat the egg white with the salt until it is stiff, add the fruit puree, and whip the sauce until it is light and fluffy. Use it at once with vanilla-flavoured junket, ice cream, blancmange, spanish cream, or similar desserts.

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